NO NICKLEBACK GUARANTEE
LiVE 88·5fm

EUROPEAN COMEBACK CLINCHES RYDER CUP

RECORD-TYING: ONLY THE 1999 U.S. TEAM MANAGED TO RALLY FROM FOUR POINTS BACK ON THE FINAL DAY PAGE 25

Don't waste your money.
FRESHCO. is ¢HEAPER
Plus we price match
FRESHCO.
Fresher. Cheaper.

OTTAWA metro®
Monday, October 1, 2012
News worth sharing.
metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

PROUDLY PINK

Participants in the Canadian Breast Cancer Foundation CIBC Run For the Cure head out on a five-kilometre run, decked out in their pinkest outfits. Some $30 million was raised in the 60 runs held across Canada. For more on the Ottawa run, see page 3. SEAN MCKIBBON/METRO

Carleton grad dead

'Amazing, incredible person'. Local friends mourn loss of Alberta man found dead in U.K.

JOE LOFARO
joe.lofaro@metronews.ca

An Ottawa man is mourning the loss of his former roommate Garrett Elsey, who was mysteriously found dead at a recycling facility in Bristol, England, Thursday morning.

Colin Smith, 22, said he first met Elsey in 2008 in residence at Carleton University before the pair became roommates the following year.

Elsey, a native of Sherwood Park, Alta., studied history and political science at Carleton.

He was in England only a few hours when police found his body, according to his uncle, Brent Elsey. He was there to do his master's degree in international security.

Smith found out about the terrible news through Facebook Friday afternoon. He described Elsey as an "amazing, incredible person" who would give you the shirt off his back.

On Saturday, Smith said approximately 70 of Elsey's friends gathered at The Georgetown Pub to share their memories of the 22-year-old.

"It was really humbling to see that many people come in support of him and it just shows what an impact he's had on people through his university career, through his life," said Smith.

He said a memorial service is expected to be held in Ottawa soon, but no date has yet been set.

WITH FILES FROM THE CANADIAN PRESS

Cyclists plan memorial ride

Group organizing bike ride later this month to mark one year since tragic accident killed 33-year-old Danielle Naçu PAGE 2

Refugee health care in 'crisis'

Critics say changes to the program providing temporary health coverage for protected persons is compromising care PAGE 7

ASTIGMATISM?
LASIK corrects astigmatism more effectively than glasses or contact lenses.
LASIK MD VISION
LASIK starting at $490/eye*
FREE Consultation: 1-877-769-3030
lasikmd.com/astigmatism

Bike ride planned for slain cyclist Danielle Naçu

Cyclist Samantha McGavin, far left, helps lead a bike ride in memory of Danielle Naçu down Queen Street on Oct. 18 2011. JOE LOFARO/METRO

Tragic. Naçu was killed while biking on Queen Street in 2011

JOE LOFARO
joe.lofaro@metronews.ca

A group of cyclists are planning a commemorative bike ride to mark one year since a tragic cycling accident took the life of 33-year-old Danielle Naçu.

Naçu died Oct. 11, 2011, when she fell into the path of an oncoming vehicle after having been doored while biking on Queen Street.

Cyclist Samantha McGavin helped organize an unofficial commemorative bike ride a week after the accident. The event saw more than 200 cyclists and pedestrians travel along Queen Street to a white ghost bike that was chained in Naçu's honour to a signpost.

McGavin said Naçu's brother, Brent, wanted to make the bike ride an annual event after seeing both friends and strangers come out in support.

On Oct. 11, the first annual Danielle Naçu Community Bike Ride will start at the intersection of Sparks and O'Connor streets at 11:30 a.m., and will continue along Queen Street with a brief pause at the ghost bike before ending at city hall.

McGavin said the event will pay tribute to Naçu and raise awareness of cycling safety.

"I really liked that idea in terms of an annual reminder, as a cyclist, to drivers and to the city that people need to think about us, that city planners need to design roads that take us into account," said McGavin.

"It's a great opportunity for people to come out every year and to send that message and to be together as well as to remember the wonderful person that Danielle was and her tragic passing."

Organizers will also discuss the potential for a piece of artwork that would serve as a permanent memorial for those hurt or killed in cycling collisions in Ottawa.

For more information about the event, go to on.fb.me/Oy5sYI.

Peace officers honoured as hundreds brave rain

Water dampened the caps of several hundred uniformed police officers who stood in the rain on Parliament Hill Sunday to pay tribute to their fallen comrades at the 35th annual Police and Peace Officers' National Memorial Day.

Bystanders and family members of police officers gathered around the perimeter of the Parliament Hill lawn to observe the throngs of officers from police forces from across Canada.

Margaret Mills came from Chatham, Ont., with her son and daughter-in-law, both of whom are police officers in Toronto.

"I'm very proud of them. We're all here to support them even standing in the rain," she said wearing a soaked rain jacket. "They're there for us in all kinds of weather, so I can stand for a few minutes to honour them."

Canada's Public Safety Minister Vic Toews referred to police officers as "heroes" as he opened the ceremony with his speech about sacrifice and remembrance. There are more than 800 names on the Police and Peace Officers' National Memorial Honour Roll.

"All Canadians mourn the death of police and peace officers, but none feel the loss more personally, more profoundly and more painfully than their families and their colleagues," said Toews. "Our thoughts and prayers are with you, especially today."

The minister also laid a wreath on the front steps.

Speaking at the end of the ceremony, Ottawa Police Chief Charles Bordeleau called the show of community support at the memorial "outstanding."

"It's very heartwarming when you're marching and people are applauding," he said.

Bordeleau mentioned there are 14 members of the Ottawa Police Service who lost their lives in the line of duty in the force's history — the most recent one being Ottawa police Const. Eric Czapnik, who was fatally stabbed Dec. 29, 2009.

"It's good to recognize the fact that our police officers day in, day out put their lives on the line and they do that for the safety of our community." JOE LOFARO/METRO

Hundreds of uniformed police officers stand on Parliament Hill on Sunday for the 35th annual Police and Peace Officers' National Memorial Day.
JOE LOFARO/METRO

Court

Environmentalists to fight charges

Thirteen environmentalists who were arrested last year in a protest on Parliament Hill will be fighting their trespassing charges in provincial-offences court Monday.

The activists, who crossed a barrier set up on the hill by the RCMP, intend to file an application moving for the charges to be dismissed on the grounds of delay. Graham Saul, one of the people charged, says he and the other defendants intend to call a series of witnesses who will speak about the urgency of the issue of global climate change.

The Sept. 26, 2011, protest targeted the federal government's support of the controversial Keystone XL pipeline. METRO

E-commerce

Local entrepreneur awarded

EBay Canada has given a Gatineau bike-shop owner its 2012 entrepreneur of the year award for helping to foster the growth of e-commerce. Jean-Francois Lapointe's BDH Bikes sells more than $1 million worth of bicycle parts each year online. Lapointe started his online store BDH Bikes in 2006.

Since launching on eBay, he has racked up sales of $6 million. METRO

On the web

Qriket

Just when you thought society couldn't get any weirder, along come Bagel Heads. Scan the code to find out how to become one.

1 Runners, start your engines.

The bright pink T-shirts, bandanas, boas and hats contrasted with the grey fall weather as more than 8,500 people descended on Tunney's Pasture to participate in the CIBC Run for the Cure.

A cheer went up from the crowd as the pulsing base of breakout K-pop sensation PSY's Gangnam style blasted out of P.A. systems. The viral hit served as a soundtrack while a pink-frocked Core Plus Fitness chief Wayne Thompson and the Ottawa 67's cheer squad to lead participants in warm-up exercises.

Some $1.5 million was raised in Ottawa.

The five-km run was one of 60 breast-cancer runs held across Canada. The inaugural CIBC run was held in 1992 in Toronto's High Park and drew 1,500 participants.

Race winner Linden Head crossed the finish line after about 17 minutes.

"I'm a med student, and cancer touches a lot of people's lives," said Head.

His fiancée's father has battled cancer, he said when asked if there was a person in his own life affected by the disease. **SEAN MCKIBBON/METRO**

Run for the Cure Ottawa

ALL PHOTOS BY SEAN MCKIBBON

2 Participants warm up ,Gangnam-style.

3 Hot pink shoes mark the occasion.

4 Ottawa 67's cheerleaders greet runners.

5 Trainer Wayne Thompson leads a high-energy warmup.

THANKSGIVING
TURKEY
TAKEAWAY

Up to 8 persons (12-14 lbs) $171*

Visit lecafe.ca
for menu and order form
Questions? 613.232.5713
or turkey@nac-cna.ca

Let NAC Chef Michael Blackie
prepare your
Thanksgiving Turkey Dinner
with all the traditional fixings.
Need dessert? We've got that too.

PICK UP DATES:
SUNDAY, OCTOBER 7
and
Monday, OCTOBER 8

National Arts Centre
Main Foyer | 53 Elgin Street
* plus tax (13%) and gratuity (15%)

NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS

Vancouver

Reporter will countersue former Olympics chief

The reporter who wrote a story about alleged abuse by former Vancouver Olympics chief John Furlong says she will countersue him for suggesting she didn't do the proper research. THE CANADIAN PRESS

Moscow

Church asks for clemency in Pussy Riot case

The Russian Orthodox Church on Sunday asked for clemency for three jailed members of the rock band Pussy Riot if they repent for their "punk prayer" for deliverance from President Vladimir Putin. THE ASSOCIATED PRESS

Los Angeles

Carmageddon II goes according to script

The demolition of a bridge that forced the weekend closure of one of the U.S.'s busiest freeways is on schedule. Many Los Angeles drivers heeded warnings to keep clear of the area, and lanes should be reopened Monday. THE ASSOCIATED PRESS

Grim milestone

In Afghanistan, U.S. military deaths reach 2,000

The killing of an American serviceman in an exchange of fire with allied Afghan soldiers pushed U.S. military deaths in the war to 2,000, a cold reminder of the perils that remain after an 11-year conflict that now garners little public interest at home.

The toll has climbed steadily in recent months with a spate of attacks by Afghan army and police — supposed allies — against American and NATO troops.

That has raised troubling questions about whether countries in the U.S.-led coalition in Afghanistan will achieve their aim of helping the government in Kabul and its forces stand on their own after most foreign troops depart in little more than two years. THE ASSOCIATED PRESS

A U.S. air force pararescueman drapes a flag over a soldier killed in a July 2010 attack in Afghanistan. THE ASSOCIATED PRESS FILE

Bidding reaches $160K as woman, 20, auctions off her virginity

Airplane encounter. Proceeds will go toward poor families in Brazil

TAKARA SMALL
takara.small@metronews.ca

A woman from Brazil is hoping to take the idea of the mile-high club to a whole new level.

Catarina Migliorini, 20, is auctioning off her virginity to the highest bidder for a one-time sexual encounter on an airplane in order to circumvent prostitution laws.

The auction ends Oct. 15, and as of Friday bidding had reached $160,000 US. Migliorini hopes to use proceeds from the tryst towards helping poverty-stricken families in her hometown.

She and another virgin named Alex Stepanov are part of a documentary, called Virgins Wanted, produced by an Australian film company.

Bidding for Alex Stepanov reached $1,300 US.

Catarina Migliorini's attempt to auction off her virginity to the highest bidder is being documented by an Australian film company. YOUTUBE.COM

Online

- To see a video about the auction, visit metronews.ca.

Liberal MP Justin Trudeau speaks briefly with media as he enters party caucus meetings on Parliament Hill in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Comparisons between Trudeau, dad are tenuous

Justin Trudeau may seem to be following in dad's footsteps as he prepares to seek the Liberal leadership, but he's really heading down a vastly different path into unknown territory.

The country, its politics and the Liberal party itself have changed drastically since Pierre Trudeau mesmerized Canadians with the heady magic of Trudeaumania in the spring of 1968.

That world is hardly recognizable today. The Canada of two generations ago was a country still revelling in the afterglow of the Centennial and Expo 67, wrestling with the tensions of the generation gap and ready to be led into a future of what seemed to be infinite possibilities.

People were pushing for a new kind of politics. They looked to replace the buttoned-down backroom boys and their traditional mix of pressure and patronage with more grassroots involvement. It was a "power to the people" age. TV news was beginning to flex its muscles in politics, and Trudeau seemed perfect for the cameras.

Amid expectations that Justin will announce his own bid for the Liberal leadership on Tuesday, observers note that he is operating in a completely different era than his father.

"You can't compare them at all," said Nelson Wiseman, a political science professor at the University of Toronto. "Things are constantly changing. People want to make comparisons to the past, but things totally change. It was just a totally different time."

The younger Trudeau is 40, eight years younger than his father was when he ran for leader. He has been an MP for four years, but always on the opposition benches.

The son is a former high school teacher, with none of the public-intellectual clout of his father. He's a married father of two. His dad was the country's most eligible bachelor when he ran. THE CANADIAN PRESS

Quoted

"People want to make comparisons to the past, but things totally change."

Nelson Wiseman, political science professor, University of Toronto

Don't waste your money.
Here are some items that show FRESHCO. is CHEAPER

FreshCo.com
FRESHCO. Fresher. Cheaper.
These receipts show identical items that were purchased at each respective store. The items we've selected include commonly purchased products. The specific store locations, dates, and times at which the purchases were made are shown on each receipt.

Fall in Love with Leather

Leather Seating Event Begins Monday Oct. 1, 2012

PHILLIP Van Leeuwen®

Visit our showroom at **10 Byward Market** for promotion details 613.562.0700 **ARTofFURNITURE.ca**

Khadr's Edmonton prof predicts bright future for former student

Omar Khadr. Convicted war criminal and child soldier returned to Canada Saturday

RYAN TUMILTY
Metro in Edmonton

An Edmonton university professor who taught Omar Khadr in Guantanamo Bay believes he will excel once he returns to civilian life.

Khadr's return to Canada on Saturday came as a great relief to his Edmonton tutor, Dr. Arlette Zinck, a professor at King's College.

"We were waiting, hoping that the Canadian government would follow through on its promise to bring him home."

Zinck made two trips to the prison as part of a team working with Khadr to give him an education. In 2010, Khadr pleaded guilty to throwing a grenade that killed an American soldier in Afghanistan in 2002.

Zinck said that Khadr is a strong student and that she expects he will make a smooth transition to civilian life when the parole board decides he is ready.

"There is nothing the young man wants more than to prove to Canadians that he is fully committed to making a positive contribution."

Zinck said she doesn't know whether Khadr has specific plans for after his release but that she expects education will be a high priority.

"When he has been released and when he is in a position to consider what his next move will be, I expect that education will be part of it."

Zinck said that the lesson given to Khadr focused on getting him ready for university. She said King's has committed to treating him like any other applicant and she would gladly recommend him.

Khadr is "desperate" to be a normal, contributing member of society, said one of his lawyers Brydie Bethell, noting that he has been studying various subjects with the long-distance help of a tutor in Edmonton.

"He's so committed to his education," Bethell said.

WITH FILES FROM THE CANADIAN PRESS

Omar Khadr, seen in this sketch from 2010, was returned to Canada on Saturday. THE CANADIAN PRESS

Khadr 'just sparkling' after return to Canada

A photo of Omar Khadr taken before he was imprisoned in 2002. THE CANADIAN PRESS

Hours after a disbelieving Omar Khadr arrived in Canada following his 10 years in the notorious U.S. prison in Guantanamo Bay, among his first questions was whether he could get a pen and paper so he could carry on with his studies, one of his lawyers said Sunday.

Khadr, who spent the weekend trying to come to terms with his new digs — a maximum-security facility in eastern Ontario — was also keen to see his family, especially his mother, but might have to wait a while longer, said Brydie Bethell, who visited her client on Saturday and Sunday.

Bethell said Khadr, 26, was "just sparkling" but could barely believe he was finally out of American hands and back in Canada.

"He's been dreaming about this moment for 10 years, so it's profoundly momentous for him," Bethell said in an interview.

"He's been the victim of incredible manipulation, and many promises to him have been broken, so that disbelief is also born of that experience of abuse and betrayal."

Amid intense secrecy, the Toronto-born Khadr was flown to Canada early Saturday, leaving behind the prison condemned by human-rights activists around the world as a legal black hole where he was the lone westerner and youngest inmate. THE CANADIAN PRESS

Prison

What will happen to Omar Khadr now?

- **Kingston.** He was taken to an institution west of Kingston, Ont., where he'll be held until authorities decide where to place him for the remaining six years of his eight-year sentence.

INCOME TAX COURSE

Flexible hours. We're hiring.

Curriculum – During the 9-week course, students study the basics of income tax preparation including current laws, theory and application.

Successful students receive an H&R Block certificate of accomplishment and the opportunity to interview for employment with H&R Block.

H&R Block knows taxes and how to teach them. Our instructors are expertly trained and are experienced Block personnel who make each session an exciting experience with discussion sessions, reference materials and instructions using regulation formsand schedules.

Classes begin mid-October. Choose between morning and afternoon classes. Applicants need only the willingness to learn about taxes.

Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor guarantee of employment.© 2011 H&R Block Canada, Inc.

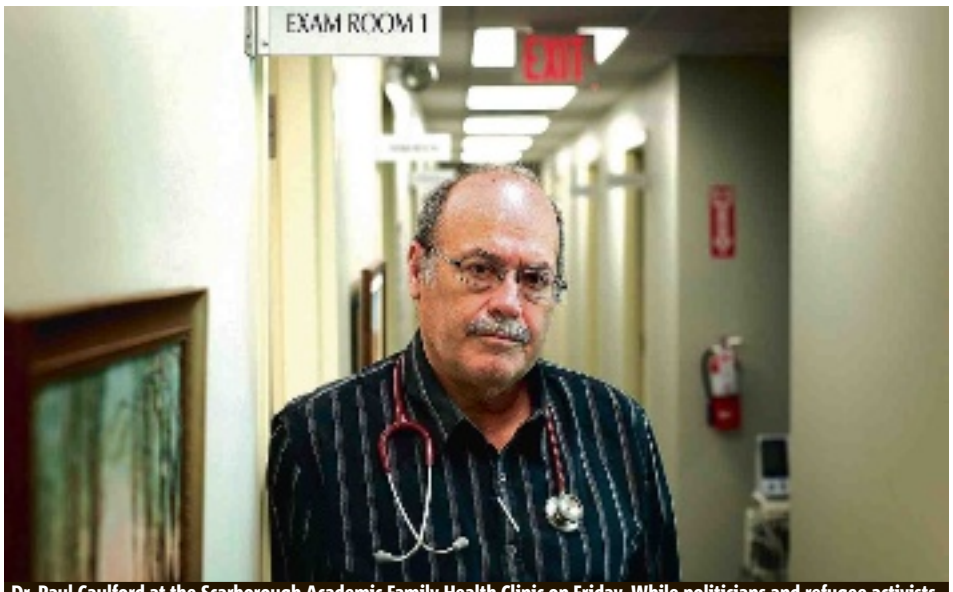
The tuition cost covers the complete course, including textbooks, all materials, reference guides and registration.

Full details are as close as your phone. Just call for complete details on class locations,starting dates, tuition, etc.

Tax Training School begins October 15

Register online at **hrblock.ca**
or call **1-877-32BLOCK** (322-5625) for details.

H&R BLOCK®



Dr. Paul Caulford at the Scarborough Academic Family Health Clinic on Friday. While politicians and refugee activists engage in a fierce debate over the issue of health care for refugees, a number of health-care professionals like Caulfield have set up free clinics to help people without health insurance. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Refugee health care in 'crisis': Doctor

Interim Federal Health Program. Critics claim care compromised after changes to program providing coverage for refugee claimants

The call came 35 weeks into her pregnancy, right around the time her abdominal cramps began.

It was her gynecologist's office saying changes to the Interim Federal Health Program meant her prenatal care was no longer covered. That's when Tiffany started to panic. "What am I supposed to do? I got scared," recalled the 27-year-old originally from the Caribbean.

"She told me that if I come and see the doctor I would have to pay the doctor a fee."

The Toronto resident — who wouldn't give her full name for fear it would affect her application to live here — had been going for regular prenatal checkups until then.

Some doctors say her story is an example of compromised care resulting from changes to the program providing temporary health coverage for protected persons, refugee claimants and others not eligible for provincial coverage.

Under those changes announced in the spring, some refugee claimants saw cuts to their coverage. Additionally, those whose refugee claims are rejected and those from a yet-to-be-defined list of "safe" countries will only receive care for public-health or safety reasons.

A number of health-care professionals have set up free clinics to help. It was at one such clinic that Tiffany first met Dr. Paul Caulford.

"This is an extraordinarily unprecedented crisis in Canada," said Caulford, medical director of the Volunteer Clinic for Medically Uninsured Immigrants and Refugees. He adds he finds it "appalling" the government would target the most vulnerable.

The Conservatives hope the changes will deter bogus refugee claims and ensure failed asylum seekers can't take advantage of Canada's free health care.

They also insist that care for "bona fide" refugees — including prenatal care — isn't affected. THE CANADIAN PRESS

Don't waste your money.
FRESHCO. is
CHEAPER
Plus we price match
FRESHCO.
Fresher. Cheaper.
FreshCo.com

REAL SPORTS BAR & GRILL
JOB FAIR
REAL SPORTS BAR & GRILL IS A WORLD-CLASS DESTINATION COMMITTED TO BRINGING FOOD, SERVICE AND ENTERTAINMENT TOGETHER TO CREATE THE ULTIMATE SPORTS VIEWING EXPERIENCE FOR FANS.
DOES YOUR PASSION MATCH OUR PROMISE?
COME TRY OUT FOR OUR TEAM!
WE'RE HIRING FOR OUR NEW LOCATION AT 90 GEORGE STREET:
SERVERS · BARTENDERS · BUSSERS · HOSTESSES · COOKS
FLOOR SUPERVISORS · UTILITY ATTENDANTS · BARBACKS
FAIRMONT CHATEAU LAURIER - RENAISSANCE ROOM
OCTOBER 3 11AM - 6PM
OCTOBER 4 12PM - 8PM
OCTOBER 5 12PM - 8PM
PLEASE BRING YOUR RESUME, REFERENCES AND TWO PIECES OF ID.
CAN'T MAKE IT? SEND YOU RESUME TO INFO@REALSPORTS.CA

*Photographs are from Toronto location
90 GEORGE STREET | BYWARD MARKET | OTTAWA.REALSPORTS.CA
@realsportsott realsportsott

CRA uncovered millions in unpaid GST: Documents

Gaming the system. Credit-check project targeting 439 firms reveals holes in Canadian tax code

The Canada Revenue Agency has uncovered millions of dollars worth of missing taxes by doing a simple credit check that the banks have been using for years.

The project found almost $3 million of GST revenue that had been collected from customers by new businesses but was never handed over to Ottawa, or was fraudulently refunded to them.

The money turned up after 439 firms were targeted by running their tax-registration information through a commercial credit-screening service from Equifax Canada Ltd.

Banks and other financial institutions have for years vetted potential customers applying for mortgages, loans and credit cards through commercial credit-checking services.

But the Canada Revenue Agency had not been doing so with companies newly registering as collectors of GST/HST taxes — some of which simply kept the money.

The agency's pilot project was launched in 2010, as part of a wider effort to flush out some of the estimated $35 billion that remains untaxed in the underground economy.

The so-called Interactive Warning System project, or IWS, focused on missing GST/HST revenue, and was slated to run for two years. But the results were encouraging enough that it was ended in 2011 after just 12 months.

Internal documents outlining the project were obtained by The Canadian Press under the Access to Information Act.

"The project was considered a success," said agency spokesman Philippe Brideau. "The procedures and approaches tested provided us with risk indicators that are part of the regular procedures."

Brideau says the agency is "currently exploring follow-up use of IWS products for GST/HST compliance."

THE CANADIAN PRESS

IWS

Interactive Warning System is a financial-industry term for a system that identifies problems with names, addresses, social insurance numbers (or SINs), telephone numbers and dates of birth that suggest possible fraud. The system automatically flags high-risk credit applications.

80,000 protest austerity

A demonstrator holds a placard that reads "Capitalism Kills" in Paris on Sunday to protest austerity measures announced by the French government. Organizers of the march put turnout at more than 80,000. On Friday, the government presented a budget that included high taxes on the wealthiest, but which critics say lacks fundamental reforms that could jump-start economic growth. MICHEL EULER/THE ASSOCIATED PRESS

'Quick refreshment'

Tim Hortons cracks top 5 in U.S. food-chain survey

The iconic Canadian purveyor of "double-double" coffees ranks among the top five in Zagat's latest survey of fast-food chains in the United States.

Tim Hortons was voted fifth-best overall in the "quick refreshment" category.

The Oakville, Ont.-based chain held the same spot for "top decor" and "top service" too.

THE CANADIAN PRESS

Oily business practices?

Irving Oil charged with price fixing

Criminal charges have been laid against Irving Oil and a senior company executive for alleged price fixing at gas stations in three Quebec cities.

The federal Competition Bureau says three charges of conspiracy are being laid against the New Brunswick-based company.

THE CANADIAN PRESS

Users could wait up to 60 days for BB10 keyboard

RIM's first set of phones running the BlackBerry 10 operating system will have touchscreen keyboards but not physical ones. The Qwerty version will come about "30 to 60" days later. DAVID FRIEND/THE CANADIAN PRESS FILE

Hardcore BlackBerry lovers might have to wait up to two months after the release of the BlackBerry 10 touchscreen device to get their hands on one with a physical keyboard, a strategic play by Research In Motion that analysts say reflects what customers want.

RIM chief executive Thorsten Heins, who had already indicated a touchscreen model would launch first, said Friday that the keyboard version — known in the tech community as Qwerty — will come about "30 to 60" days later.

Heins said the company needs to gain market share in the touchscreen segment, especially to address a trend in which employers are allowing staff to use their preferred smartphone for work.

"People ... and enterprises love a full touch device, and, you know, we had to make a choice and finally we decided really to bring both versions to market very, very close to each other," he said in an interview with MSNBC.

"The BlackBerry lovers, the hardcore BlackBerry lovers, they love this physical keyboard ... so, make no mistake, we are fully, fully committed to Qwerty."

The physical keyboard is popular often with BlackBerry business users, and the company — in its advertising — has positioned that as an advantage over Apple and Android phones that rely solely on touchscreens.

The new detail about the closely watched BB10 launch, slated for some time in the first quarter of next year, comes as RIM stock shot up 8.1 per cent following a much less disappointing than expected second-quarter earnings report.

THE CANADIAN PRESS

CEO

"The BlackBerry lovers, the hardcore BlackBerry lovers, they love this physical keyboard."

RIM CEO Thorsten Heins

Canada's National Notary Public Company

Notarization & Legalization

Over 100 Locations Across Canada

Mobile Notary
Certified True Copies
E-Document Certification
Notarization & Commissioners of Oaths
Affidavits
Visa & Passport Processing

Fingerprinting
Background Checks
Land Title Searches
Authentication & Legalization (Apostille)
Consent to Travel

Red Seal NOTARY

Scan and Save

RedSealNotary.com

1-888 922-7325

New standards. StatsCan to revise economic history

Statistics Canada is about to retell the country's economic history for the past 30 years in a new move that will also provide more insight into murky economic concepts.

Starting Monday morning, the federal data agency will issue a comprehensive revision to economic data of the past 30 years, introducing new measures and changing the definition of others.

The exercise — two years in the making, and designed to comply with revised international standards of economic measurements set out in 2008 — will put Canada in the forefront of nations, along with Australia, in adopting the new way of measuring economic performance.

Others have pledged to follow: the United States in 2013 and Europe in 2014.

Some gross-domestic-product numbers will likely move marginally up, in part because research and development will be capitalized, and some services will be added to the export tally.

THE CANADIAN PRESS

Recovery. Data shows a sluggish U.S. economy

Anyone puzzled by the most recent U.S. economic data has reason for feeling so: The numbers sketch a sometimes contradictory picture of the economy.

We've learned that consumers are more confident, but aren't spending much. Fewer people are losing jobs, but not many are being hired. Home and stock prices are up, but workers' pay is trailing inflation. Auto sales have jumped, but manufacturing is faltering.

This is what an economy stuck in a slow-growth rut can look like, and it's a focal point of the presidential campaign.

The U.S. economy grew at a scant 1.3 per cent annual rate in the April-June quarter — too weak to reduce high unemployment.

Many Americans are reducing debt instead of spending freely. Builders are borrowing less and constructing homes at a modest pace. Businesses are being cautious about hiring and expanding. In the long run, reduced debts and rising home and stock prices will help rebuild household wealth, boost consumer spending and spur job growth. But it's taking time.

THE ASSOCIATED PRESS

BIG BUCKS RIDING ON YOUR-NAME-HERE PARK

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

The Lansdowne Park redevelopment deal goes to yet another vote at city hall this week. The slog toward a final agreement with the Ottawa Sports Entertainment Group continues even as the ground continues to shift beneath the advancing bulldozers.

Little surprises have abounded as the Lansdowne saga has progressed. Last week we learned the city will have to cough up an extra $12 million over and above the more than $200 million already pledged to the partnership. And we learned the FIFA Under-20 Women's World Cup will not be taking place there in 2014 after all.

Neither of these developments will be a dealbreaker. Our famously frugal mayor is just going to whip out the civic credit card once again to borrow the $12 mil, and we're still on track to host the Women's World Cup in 2015, so the $400,000 we threw at the bid to land the two soccer events won't be a total waste.

Mayor Watson blamed the loss of the event in part on delays from legal challenges by Friends of Lansdowne, the main citizen's group opposed to the plan, and the Lansdowne Park Conservancy, which had a competing vision for the site and never got a serious hearing from the city.

It's probably safe to assume that the Lansdowne plan would have faced a certain degree of resistance from the same NIMBY-prone crowd who in previous decades bought houses near the stadium and then complained about noise and traffic during games and concerts.

30-year commitment

Among the naming-rights risks is the civic equivalent of getting stuck with a tattoo bearing your ex-girlfriend's name long after the magic is gone (Enron Field, anyone?).

But the city's decision to cancel the competitive bidding process and sole-source the deal to OSEG handed critics an unnecessarily generous stockpile of ammunition. Lesson learned, let us hope.

Perhaps the biggest surprise in the latest staff report on the Lansdowne Partnership Plan is a huge jump in the claimed value of naming rights — that is, what a corporation will pay to put its logo on the new complex for 30 years — from $15.8 million to a breathtaking $50.2 million.

I leave the reliability of these predictions in such gloomy economic times to better minds than mine, but the discrepancy between the two estimates doesn't exactly inspire confidence in Lansdowne math generally.

For comparison's sake, in Toronto, the Air Canada Centre's corporate christening was priced at $30 million over 20 years, and Rogers Communications paid $25 million to put their name on the Rogers Arena for 10 years, so the new figure may not be entirely off base, but it seems optimistic.

Certainly out of the question is leaving the cash from naming rights, no matter what the final amount, on the table. Here in the home of JetForm Park and the Corel Centre, we understand that corporate branding, no matter how transient, heritage-obscuring or confusing to visiting tourists when the names inevitably change, has become a standard strategy for covering the costs of these venues.

Still there are risks, from ending up with an incongruous or simply goofy name on your arena (Louisville's KFC Yum! Centre comes to mind) to the civic equivalent of getting stuck with a tattoo bearing your ex-girlfriend's name long after the magic is gone (Enron Field, anyone?).

The original naming rights for Lansdowne went to Sir Henry Charles Keith Petty-Fitzmaurice, the Fifth Marquess of Lansdowne, Sixth Earl of Kerry, and Canada's governor general from 1883-1888. With such an unwieldy pile of honorifics to work with, we did well to end up with plain old Lansdowne Park.

As for the smaller corporate logos that are to dot the 360,000 square feet of retail space at Lansdowne, few names, apart from Whole Foods, the LCBO and Empire Theatres, are on offer.

The proponents claim other deals have been made, but it's curious that a few tenants can't be brought forward to admit their involvement, and maybe even express some excitement.

Names are serious business. The retail area, for example, isn't being called anything as gauche as a "mall." Instead, it's a "retail village."

Foam's up, dude!

CHRIS GARDEN/SOLENT

Karitane, New Zealand

Brave surfer taking in murky waves caught by photographer

These ferocious waves have certainly whipped up a frenzy of foam.

This surfer tested some murky-coloured waves while dodging logs and debris, after a floodwater deluge hit Karitane on the south island of New Zealand.

Photographer Chris Garden, 30, spotted the unusual sight as he drove along the coastline.

METRO

Cause

Dead algae behind foamy mass

While sometimes resulting from pollutants, sea foam is often caused by dead algal blooms that are whipped up by high gales and eventually build up along the shoreline.

The frothiness of the foam is caused by the continuous churning motion of the tide that traps cloistered bubbles of air in the decomposing organic material.

METRO

Photographer's view

"Once there, (the foam) all gradually disintegrated. This scene wasn't there very long and I was lucky to catch it."

Photographer Chris Garden of Dunedin, New Zealand
Garden added: "In 10 years photographing surfers, I have never seen anything like it before."

Online

For the latest news, visit metronews.ca

Concert aids recovery of music teacher

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

This is music to our ears: For 28 years, beloved music teacher Allison Woyiwada has been making a difference in the lives of her students. Now, the Ottawa community is giving back to her.

Woyiwada retired from teaching at Hopewell Avenue Public School in 2008, but continued to pursue her passion for music through work with the Savoy Society of Ottawa.

In May, Woyiwada underwent major surgery for a brain aneurysm. As only her hospital stay was covered by insurance, her recovery was set to be lengthy and expensive. In July, her daughter, Marya, began planning a benefit concert to raise funds for restorative therapy for her mother. The benefit concert, attended by Woyiwada's friends, family, former students and colleagues, was held on Sept. 23 and featured performances by Hopewell's jazz band and a former student.

"She used music to touch people's lives, and now we're using music therapy to get hers back," says Marya.

To follow Woyiwada's progress, read her blog at woyiwada.blogspot.ca.

CRAIG AND MARC KIELBURGER
Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth-empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. E-mail us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **General Manager** Dara Mottahed • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 300 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

comwave®
Long Distance

Go ahead... Make your overseas calls from your mobile phone!

Comwave will beat all competitors long distance rates... *GUARANTEED!*

$25 FREE

- No Contracts
- No Commitments
- Satisfaction Guaranteed!

No questions asked... Just FREE long distance!

(Limited time offer - available to new customers only)

1-866-770-8085

www.comwave.net

comwave®

Home Phone

A home phone line with all the *bells* and whistles

Unlimited LOCAL $14.95 /month

Unlimited local calls plus over 14 FREE features

Unlimited CANADA $19.95 /month

All the features free plus unlimited Canada-wide long distance

Unlimited GLOBAL $29.95 /month

All the features free plus unlimited long distance to almost 60 countries

Keep your existing phone number

All Features *FREE!*

6 Months FREE

Your satisfaction is guaranteed or you pay nothing!

CONSUMER CHOICE AWARD 2012 BUSINESS EXCELLENCE

Ranked #1

Home Phone Service

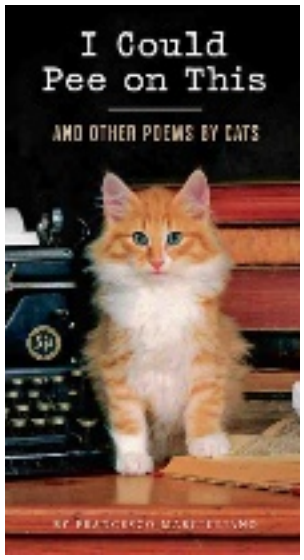
Consumer Choice Award

1-866-770-8085

www.comwave.net

SCENE 2

Poems written by your cat



Literature. In his best-selling book, I Could Pee on This: And Other Poems by Cats, Francesco Marciuliano decodes a kitten's mind

Call this guy William Shakespaw / THINKSTOCK

ROMINA McGUINNESS
scene@metronews.ca

What made you want to decipher cat's thoughts?
Humans tend to project their thoughts and feelings onto their pets but the exchange is pretty much one-sided. Cats live in their heads so it seemed natural to figure out what was going on. When they're not napping 18 hours straight, cats have all this time of reflection — and I've always wondered, what are they thinking of all this time?

But why not fish or dogs?
I grew up with cats, a dog, a canary, a turtle. I sound like Dr Dolittle. But from the moment I was born, I was basically greeted by a cat which makes it sound like the cat actually got into the hospital. And then after college, my girlfriend and I got two cats: Boris and Natasha. In every one of my relationships the cats were always the constant, I always got to keep them. And in every subsequent relationship, I brought in the cats.

What makes a cat's thoughts more intriguing than say, a dog's?
Dogs have a very rich exterior life and cats have a very rich interior life. Dogs are always trying to tell you something like 'I love you' or, 'oh god I need to pee right now.'

But cats are very reflective and need their own space. They're like, 'we're good if I'm over here and you're over there. We don't need to do this 24/7'.

You spend a lot of time going, 'what are they not telling me?' Which sounds insane, because then it sounds like you turn to the toaster you're like, 'what is the toaster not telling me?'

What valuable life lessons can humans learn from their pet cats?
People who don't like cats see them as arrogant creatures, when in reality it's more about confidence. They're thinking: 'I'm not dismissing you but I don't need your constant attention. I can be by myself. When we're together and you want a hug, perfect. When you're not hugging me, I'm not desperately thinking oh god — do you not like me anymore?'

The lesson here is that you need to be ok with yourself. When you're with people, fantastic, but there's nothing wrong with being by yourself.

Sounds like cats would be good at giving us relationship advice.
Yes. That's part of the nature of a cat, they're very reflective, poised and comfortable with whom they are. They're like, 'I don't always have to sit on your lap. That doesn't mean we're apart, or that there's a problem.'

Basically, quiet moments in a relationship don't mean everything has gone to hell.

Do you think cats would make good humans?
Yes I do. Unlike what people think, I don't think they would be emotionally distant.

On the web

Qriket

Justin Bieber throws up on stage during concert in Glendale, Arizona

Ashton Kutcher. ALL PHOTOS GETTY IMAGES

Kutcher's new romance has been brewing for some time

Ashton Kutcher's new romance with Mila Kunis has apparently been a long time coming, according to Us Weekly.

"He's always had a thing for her," a source says. "It's a real infatuation."

The pair have reportedly been together for five months but have kept things quiet until recently, as they've been spotted all over New York City offering up plenty of public displays of affection.

Kutcher is reportedly living with Kunis while she is in New York for film The Angriest Man.

Twitter

@kelly_clarkson
So I recently started acupuncture and yoga ....next thing you know I'll be going to coffee shops and writing in a journal Whatever works

@ZacharyQuinto
if you don't want to listen to a liberal gay marriage supporting actor type... then don't.

@JonahHill
My feelings are more important than yours

@Joan_Rivers
There's a woman with a rare condition who must eat every 15 minutes to maintain her 60-pound frame. How sad...that she's not contagious.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shots fired as violence erupts at BET Hip-Hop Awards

THE WORD
Dorothy Robinson
scene@metronews.ca

Scuffles broke out at the BET Hip-Hop Awards on Saturday in Atlanta.

Rick Ross and Young Jeezy were reportedly involved in an altercation backstage at the annual awards ceremony.

Funk Master Flex posted to Twitter that he witnessed "pushing and shoving" between the two.

Then the rappers and their entourages took the fight outside and shots were reportedly fired in the parking lot by a member of Rick Ross' entourage.

The gunman was apprehended by the Atlanta Police Department.

AllHipHop.com sources also reported that 50 Cent and rapper Gunplay were involved in an altercation as well.

Robert Pattinson and Kristen Stewart.

Friends skeptical about Twilight star's reconciliation

While Kristen Stewart and Robert Pattinson seem happy to be back together after her cheating scandal over the summer, their friends reportedly aren't so thrilled about the rekindled romance, according to Hollyscoop.

"Kristen and Rob's friends absolutely don't believe that this reconciliation is going to last. Rob believes that Kristen didn't sleep with (director) Rupert Sanders,) but the fact is she still cheated on him," a source says. "Rob's pals think it was easier for him to get back together with her right now because of the upcoming publicity blitz they are going to embark on to promote Breaking Dawn."

As for the long-term prospects of the reunited couple? They aren't so optimistic.

"Kristen loves Rob, no question about it, but she just isn't as mature as he is," the source says. "Rob's buddies would be stunned if the couple goes the distance."

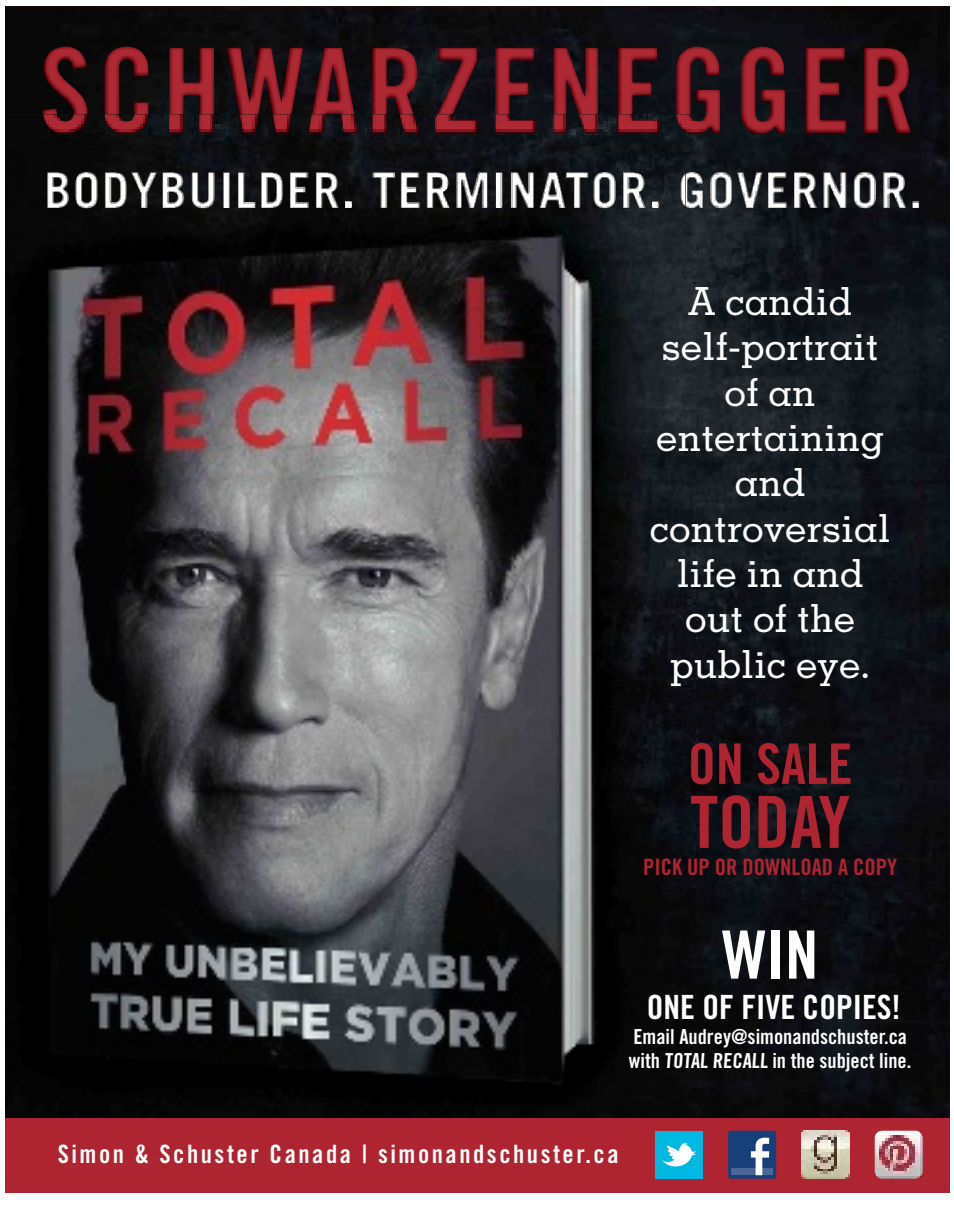
Anne Hathaway.

Hathaway marries long-time boyfriend

Anne Hathaway married actor and jewelry designer Adam Shulman, her boyfriend of more than four years, in a private ceremony in Big Sur, Calif., this weekend, according to Celebuzz.

Hathaway wore a Valentino Garavani gown for the sunset ceremony.

Sources says there were about 180 guests in attendance.



LIFE 3

Innovative

New use for eye makeup remover

When the kids come home from a party with their faces painted, reach for a soft facial pad or wipe and some eye makeup remover.

Gently rub off all the paint. It will only take a few wipes. JULIE JANCEN, YUMMYMUMMYCLUB.CA

Flushing

Sticky notes and toilet training

My little ones used to get spooked by the auto-flush toilets in public bathrooms.

The solution is simple. Keep sticky notes in your purse. Stick one over the sensor above the toilet so it doesn't detect you. ANNABELLE DEGOUVEIA, YUMMYMUMMYCLUB.CA

Chores

Family job jar

Stop begging your kids to help with chores.

Create a job jar instead. For large jobs, write down specific tasks like "pick up building toys and put into a bin" or "dust the brown furniture". Kids can choose a slip out of the jar. You can sit back. YUMMYMUMMYCLUB.CA

Wacky Hair Day

Easy colour job

My son's school had Wacky Hair Day but his hair is short and I was at a loss. A friend gave me a tip: Mix shampoo with finger paint! Dab shampoo onto a Q-tip, dip into the paint and paint the hair. KIM FIORAVANTI, YUMMYMUMMYCLUB.CA

Exclusively online

metronews.ca/voices

- **Hair today gone tomorrow.** Mommy misses the long, luscious locks she had when she was pregnant. Now it's Meet the Klumps in her shower drain. Follow the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Are you just keeping them safe or helicopter parenting?

Polar opposites. Opinions are split whether you're being responsible or overbearing if you follow your child's bus

ALEXANDRIA DURRELL
yummymummyclub.ca

Following your child's school bus could affect her confidence. ISTOCK

My daughter started Grade 1 at a new school this year. That means there are a few changes around here.

And by "a few," I mean pretty much everything we were used to has changed.

She's starting French Immersion. (Her French consists of mumbling a line she heard in Barbie and The Three Musketeers.)

Her old school was a two-minute walk from our front door and required no street-crossing. Now she takes a bus with a bunch of kids she doesn't know, most of whom are much older than she is.

And perhaps the biggest adjustment of all: She has to be on that big, old bus a full hour before she used to even wake up.

On her second day, she grumped to her Daddy, "I never get to sleep in!" Oh, kid, you have no idea.

All of this has been thrown onto a kid who is adverse to change. So I get what it's like to have a kid go through all this momentous change, I really do.

And I don't like change either. I'm nervous about how my little girl will fit into her new class. I fear the adjustment to the new language. I have irrational visions of bus accidents and bullying and a million other things.

But here's the thing: I figure that it does me no good to project my fears onto my daughter, so when she confidently gets on that school bus, I smile and wave and rah-rah-rah her independence.

Then I shuffle home and cry a few tears on my own. I don't hop in the car and follow her to school, hide behind bushes or question the abilities of the driver and staff who are meant to get her where she's supposed to be, safely.

Another parent at my daughter's bus stop waved her child onto the bus, hopped in her car and followed them to the school.

I asked her why and she said something along the lines of just "wanting to make sure everything is OK."

Now, parents have been asked not to do this because it clogs up the traffic around the small residential neighbourhood the school is in.

The parents can't actually drive up anywhere near the school — they have to park a few streets away.

So after being told all this, it never crossed my mind that following the bus was "a thing".

I'm supposed to follow the bus to ensure it arrives? Or watch my daughter get off the bus and be immediately ushered to the back play yard by a teacher? Why? What information am I supposed to garner here?

I asked on Twitter whether I was "supposed" to follow the bus. The answers were on polar ends of the spectrum.

I heard the parents saying that, yes, they follow the bus to school. "To watch (my|)kid get off the bus" or "My child is nervous, this is a big change! Of course I follow the bus!" and I heard the others, like @MissJoyFG, say, "Whup, whup, whup! Hear that? It's the sound of a helicopter parent descending. Yikes."

Many expressed concern over parents following the bus, indicating that it could affect the child's confidence or independence.

Others felt it was just the way things should be done.

I was left somewhere in the middle, wondering if I was being irresponsible by not following along to "make sure" that bus driver knows what he's doing.

On the other hand, I was feeling pretty proud about not hovering over my daughter. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

On the web

Qriket

Reasons Mommy Drinks #77: Her hair is falling out. Scan this code or visit metronews.ca/voices to find out why Mommy misses being pregnant slash living in a Timotei commercial.

Don't waste your money.
FRESHCO. is CHEAPER
Plus we price match
FreshCo.com
FRESHCO.
Fresher. Cheaper.

The In-Credibility Factor

Dave Hale PROVIDED

Name: Dave Hale
City: Ottawa
Age: 24
Occupation: Soshal Group Partner and CEO

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Deciding he was more passionate about marketing and sales than becoming a criminal lawyer, Hale founded Soshal Group, a digital marketing agency. In just two years Soshal Group has grown to 12 employees and is aiming for 20 by the end of the year.

I knew I was on my way when... I signed my first six figure client and I realized I wouldn't have to go to my parents anymore and ask for money. Right now we're working with some pretty notable clients like the United Way, Ottawa Senators, the Canadian Hockey League and Algonquin College. Our first year compared to the second was monumental and our year over year growth is 500 per cent. Right now we're really focused on how we can take the people who have already invested in us and help them move higher.

Action Plan

• Be humble. I was egotistical and cocky when I got started at age 19. I realized early that business isn't about getting publicity. You have to run a business with a real purpose.

• Be open. We met some of our largest clients in the most obscure ways — like at speaking events. We pitched one person and they introduced us to one of their friends. Any opportunity is worth exploring when you're a start up entrepreneur.

• Be brave. If you can't wake up tomorrow and make ten dollars more than you made the day before then you're not cut out for this business. If you can do that in a small scale then you should be able to do it in a big way down the line.

Climbing up the ladder to a longer and healthier life?

Take a breather, you're the boss. A sense of control and power may lead higher ups to feel less high-strung

Rising through the ranks at work may offer more benefits than a bump in pay or bigger office: new research suggests leaders with more responsibility have lower stress hormone levels than peers with less on their plates.

Lead author Jennifer Lerner, professor of public policy and management at Harvard Kennedy School, said she has been interested in how leaders make decisions and cope with stress.

Harvard researchers partnered with professors from the University of California San Diego and Stanford University, with study results appearing in this week's Early Edition of the Proceedings of the National Academy of Sciences.

Participants were recruited from the Boston area and one of the many executive education programs at Harvard University. Leaders included military officers, government officials, non-profit administrators, and business leaders from the U.S. and around the world.

Study 1 looks at whether those categorized as leaders — those responsible for managing others — and non-leaders had any differences in their reports of anxiety and levels of the stress hormone cortisol.

About 200 leaders and non-leaders provided saliva samples to determine baseline cortisol levels. Anxiety was measured using the 19-item Spielberger Trait Anxiety Inventory, where participants read statements and selected a response to indicate how they generally feel. "I get in a state of tension or turmoil as I think over my recent concerns and interests" was one example of a statement in the inventory.

You've got a million things on your mind, but would you be less inclined to worry about them if you were a leader? ISTOCK

In their introduction, researchers wrote that they suspected leaders have lower stress levels because of the "psychological resources that leadership affords." They wrote of how holding a leadership role boosts one's sense of control, known to have "a stress-buffering effect."

Researchers also cited the work of Stanford neuroscientist Robert Sapolosky which associated higher social rank with lower cortisol in non-human primate species.

Studies of humans have also linked higher employment rank to better health, they wrote.

Study 1 found that those who identified as leaders had lower cortisol levels and reports of anxiety than non-leaders.

"It wasn't surprising to us, no," Lerner said in an interview from Cambridge, Mass. "But the conventional wisdom is the higher you ascend in leadership responsibility, the more stressed you are."

Study 2 measured anxiety and cortisol among 75 leaders, as well as aspects of leadership that indicate greater rank or power.

High-ranking leaders might be responsible for personally managing a large number of people, might have many subordinates — including those who don't report directly to them — or might be given great authority and autonomy to make decisions regarding subordinates, researchers wrote. To capture different forms of leadership, researchers assessed leadership level by authority, the number of subordinates and the number of people who directly reported to them.

Researchers found participants in Study 2 who held more powerful positions displayed lower cortisol levels and less anxiety than those who had less powerful positions.

Interestingly, those leaders with fewer subordinates were found to have greater anxiety and higher cortisol levels. Lerner said there are likely multiple reasons why those particular leaders were found to be more stressed. But one of the key findings researchers identify relates back to the sense of control.

"When you have a sense of control, then it reduces stress hormone secretion," she said.

Lerner said one of the most promising aspects of their research is an understanding not only that there's lower stress among higher-ranking leaders, but also the reasons why, allowing them to design interventions that improve people's sense of control.

THE CANADIAN PRESS

A president's P.O.V.

In a recent Vanity Fair profile, U.S. President Barack Obama offered some insight into his decision-making process

- "You'll see I wear only gray or blue suits," Obama told the magazine. "I'm trying to pare down decisions. I don't want to make decisions about what I'm eating or wearing. Because I have too many other decisions to make."
- Plotnick said the example illustrates the ability of leaders to focus energy on where they're going to make a difference.

Career Training

Train to Become a Personal Support Worker

Graduate in 7 months and pursue a career at:

- Long-term care facilities
- Home health care agencies
- Retirement homes/ residences
- Hospices
- Group homes

Call Now for More Information!
1-866-643-6377
Visit us online at www.EverestCanHelp.ca

Everest | COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

Ottawa East • Ottawa West
16 Convenient Locations in Ontario

Everest College is the largest Private Career College in Ontario with more than 9,000 enrollments in Ontario annually

Career services assistance available to graduates. Morning and afternoon classes available. Financial assistance may be available for those who qualify. Programs and schedules vary by campus.

Is your office a bit too close to home?

Temptation to slack off. Make sure your home office space is set up to maximize professional potential

Yes you can roll out of bed to your desk, but is this truly the best idea for your business? ISTOCK

Working from home has its advantages and disadvantages. The short commute, the relaxed dress code and flexible work hours are all appealing benefits. But one of the greatest challenges of working from home is making it seem that you are not. Here are some tips to help turn your home space into a work space:

Your site
Websites are often the first introductory point of a new business, so make sure you have a clean, professional site with your own domain name and workplace email address. Avoid using "free" sites that are bombarded with other company's advertisements; this can be very off putting to potential new clients. If you are not a skilled graphic designer, consider using a clean website-design template with basic, but necessary information.

Your phone line
It can be difficult to conduct a client call when the kids are picking up the handset to make their own calls and a telemarketer is calling on the other line. To avoid these distractions, consider a dedicated business phone line with a distinctive tone separate from your home phone. Take advantage of your existing high-speed Internet connection and use a voice over IP phone system. A sleek VoIP device like the Ooma Telo will save you money on the cost of a second line.

Your space
Whenever possible, have a separate room for your home office with its own door. This is especially important if you plan to host regular client meetings.

Make sure the room is located far from busy areas of the house, like the kitchen and family room, to avoid excessive noise and distractions.

NEWS CANADA

Hunt Personnel

Do you love working in retail?

We are actively recruiting for a National retail chain that has immediate needs for

MANAGERS
ASSISTANT MANAGERS
KEYHOLDERS

If you are excited about the possibility of progressing in your career, possess strong people and customer service skills, and consider yourself a motivated, energetic, enthusiastic individual with great team spirit, we want to hear from you.

Previous retail experience is an asset.

Benefits include: Flexible schedule • Competitive wages • Career opportunities

Email: Ottawa@hunt.ca

Fax resume to 613-238-5586

CONSIDER A CAREER AS A PARALEGAL

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam,you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on"training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

The need for well-trained,competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations

PART-TIME EVENING CLASSES
NOW AVAILABLE

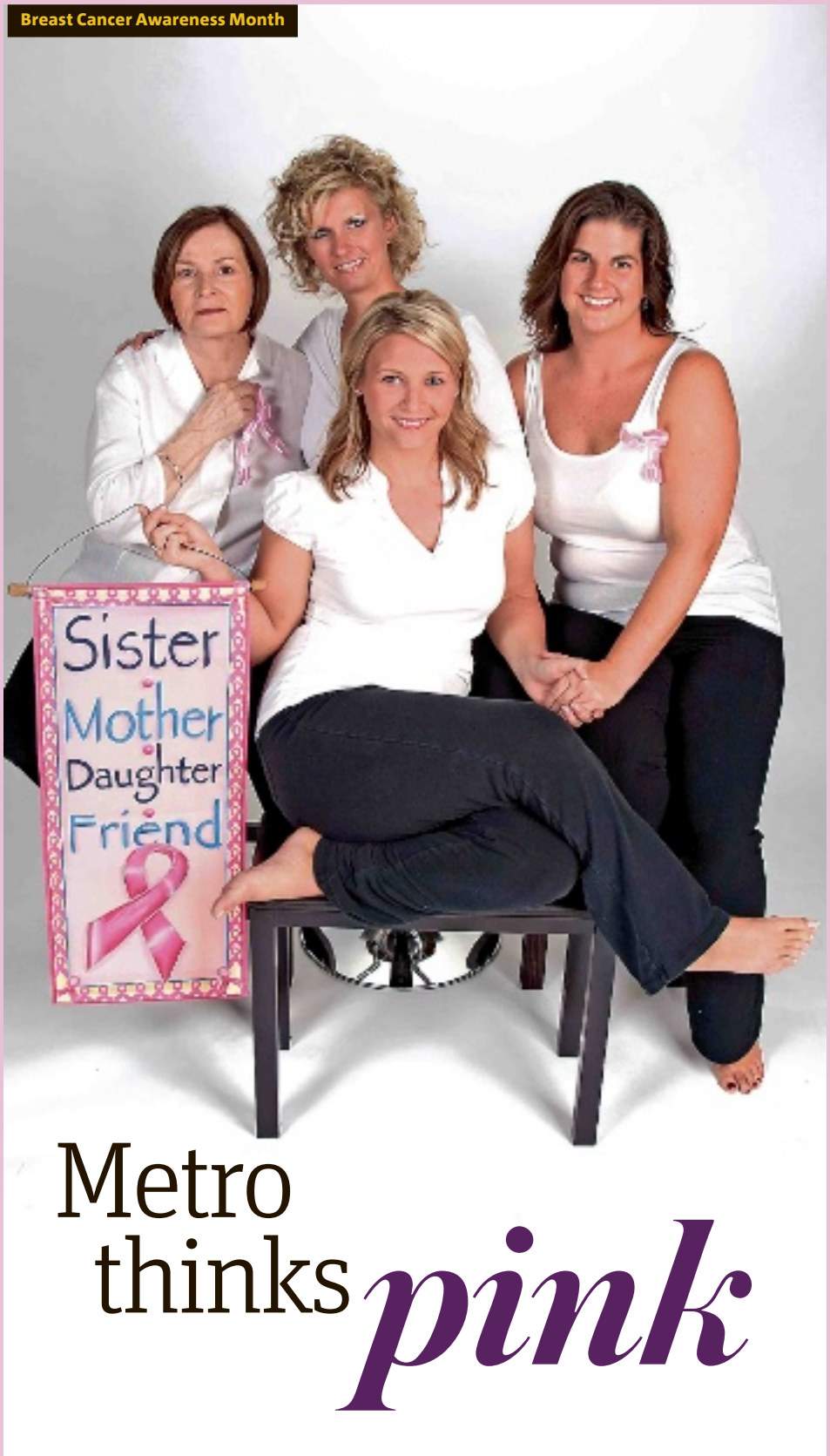
You can complete this program in less than one year by attending school full time, Monday to Friday.

This program can be completed part time through evening and weekend classes.

ALGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com

Breast Cancer Awareness Month



‘Co-survivors’ play a lead role in recovery

Lean on me. The story of how a woman’s ‘tribe’ have been there to support her

KATHY ULLYOTT
Special to Metro Canada

Kate Kerr with son’s Samuel, left, and Gabriel. CONTRIBUTED

For every woman diagnosed with breast cancer (and that will be 22,700 Canadian women this year alone, according to the Canadian Cancer Society), dozens more individuals are devastated along with her.

But that network of “co-survivors” — parents, partners, children, siblings, friends, co-workers — also plays a lead role in her recovery. From helping her make treatment decisions to holding her hand through chemotherapy to babysitting her kids for an hour, a cancer patient’s “tribe” helps her get through it and get well.

Meet 38-year-old Kate Kerr, a marketing executive and mother of two small boys. After growing up in the UK, where her family moved when she was a small child, Kate moved back to Canada 10 years ago and in 2006, married her partner Don.

Eleven months ago, she was diagnosed with a highly aggressive form of breast cancer. In the long almost-year since then, she has had a mastectomy, chemotherapy, a second surgery to remove 13 lymph nodes and radiation.

“It’s only now sinking in what my friends, work colleagues, have done for me,” says Kate. “If there were a book about the top 10 things to do for someone going through cancer, my family wrote that book.”

On the next pages, we introduce you to Kate’s “tribe” and how they have been there to support her, along with 10 pieces of advice on how you can help a friend with cancer.

Control your stress

Being mindful of health

When it comes to cancer, stress can be a cause and effect; reducing it is a big part of both the prevention and the treatment of illness.

Mindfulness meditation, the practice of clearing the mind through deep breathing exercises, is becoming an increasingly widespread part of healing and coping with cancer.

Dr. Miroslava Lhotsky, one of the facilitators of Mindfulness Meditation Toronto, is a physician who spent years delivering bad news to women whose mammograms had revealed breast cancer. “You can imagine the kind of adrenaline that flows in their body and the fear they have,” she says. Now, she helps patients focus on the present moment and control their stress and anxiety through meditation. “It’s a skill that you have to develop.”

Lhotsky started leading mindfulness meditation sessions nearly a decade ago and has seen the practice grow in popularity. “(It) is one of those things that can change your brain in a very positive way,” she says of the exercise. “It can control the pain, it can control the stress, it can improve your immune system.”

It’s also scientifically proven to work: studies show that with deep breathing, the movement of the diaphragm stimulates the parasympathetic system, which helps the body relax.

This relaxation is a key to good health, says Lhotsky. “Your lifestyle is so very important. This is just another way of getting into a good lifestyle.”

BRIGITTE NOEL

TG
TERRASSES GABRIELLE

PREMIUM RENTAL APARTMENTS

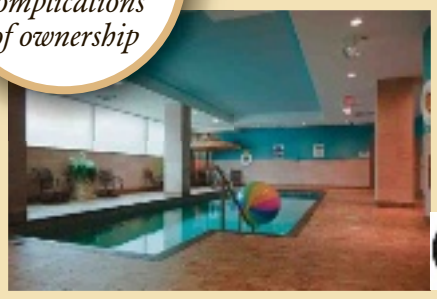
❖ Indoor Salt Water Pool
❖ Fitness Center
❖ In Suite Washer and Dryer
❖ Rooftop Terrace
❖ Window Blinds
❖ Hardwood Floors

411 North River Road • 613-741-4411
www.terrassesgabrielle.com
www.globegeneral.ca
ottawa@globegeneral.ca

Hassle free luxury urban living without complications of ownership

Penthouse suite, one bedroom available for October 1st

▼ SCAN ME ▼



Exemplary women

Hope, optimism and courage

Look Good Feel Better celebrated hope, optimism and courage in the face of cancer last week by honouring 20 exemplary women from across the country. LGFB says each of the honourees, in her own unique way, represents the Look Good Feel Better spirit and has helped the group achieve its mission of ensuring that no woman has to face cancer alone.

The honourees include:

Dr. Alexandra Ginty, MD, FacingCancer.ca blogger
Beverly Thomson, co-host Canada AM
Bif Naked, Canadian singer and songwriter
Catherine Brunelle, FacingCancer.ca blogger
Cynthia Mulligan, reporter and anchor, CityNews Toronto
Emily Duff, LGFB teen testimonial
Heather Bunting, LGFB workshop team leader
Dr. Jennifer Blake, MD, MSc, FRCSC Sunnybrook Health Sciences Centre
Joan Michetti, 20 Year LGFB volunteer educator and team leader
Johanne Robitaille Manouvrier, FacingCancer.ca blogger and author
Katie Evans, FacingCancer.ca blogger
Leslee Thompson, President & CEO, Kingston General Hospital
Libby Znaimer, VP News and TV host, Zoomer Media
Linda Kilburn, LGFB cover model and testimonial
Linda Lewis, editor-in-chief of MORE Magazine
Lisa Ray, Canadian actress
Dr. Margaret Fitch, PhD, MScN, Sunnybrook Health Sciences Centre
Dr. Marilyn Hundleby, PhD, R. Psych, Clinical Psychologist
Sharon Coburn, LGFB testimonial
Terri Wingham, FacingCancer.ca blogger

Exclusively online

Visit metronews.ca for more Metro Thinks Pink coverage, including beauty tips and how-to information.

The centre of the

Alexandra Pittortou, Kate's best friend

Alex has been Kate's best friend since they were six years old, growing up together in the UK.

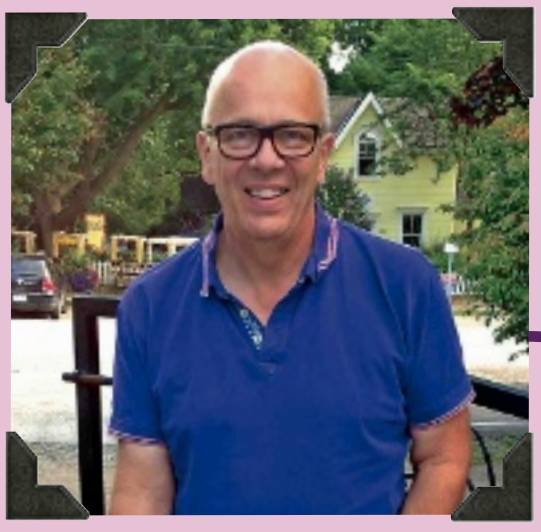
When Kate was diagnosed, Alex dropped everything and flew to Toronto, arriving just before her mastectomy last November. When she returned home, she shaved her hair off – even before Kate had lost hers to chemo. "As children, we always had the same dolls, clothes and haircuts," explains Alex, "So I thought, why should now be any different?

Because she was too far away to offer practical help, "I decided the best thing to do was to let her know I was available for her to speak 24/7, and email daily just to be a sounding board if she needed it. Actually, my emails turned into being daily drivel of my life!"

Wendy Sanders, Kate's mother

As it happened, Wendy's parents had moved from England and next door to Kate and Don in Oakville the year before her diagnosis. As well as staying by Kate's side in "my darkest hours," and nursing her through long nights of vomiting (anti-nausea drugs didn't work for Kate), Wendy took care of the Kerrs' home and meals and looked after their sons, Gabriel, 4 and Samuel, 2, while Don worked.

Wendy's parents' practical help extended to helping Kate research the type of cancer she had, possible treatments and medical experts. Spiritually and emotionally, says Wendy, "I needed to give her constant reassurance, hope and belief that we would work through this challenge together, that she wasn't alone."



Don Kerr, Kate's partner

As Kate's partner, Don was shocked when a doctor told him, early on, that divorce rates soar for couples dealing with breast cancer. "A few months in, I understood." Cancer can expose all a relationship's vulnerabilities, he says; as the partner of someone with cancer, "Part of your reality is to be the outlet for all the fear, anger and frustration. You can feel like you're going 15 rounds with (boxer) George Chuvalo."

A writer and branding specialist with his own marketing company, Grace Hanna Brandworks, Don began a blog, "Riding Shotgun," on a cancer support web site, facingcancer.ca. "How do you give support and keep sane?" he wrote on Aug. 17. "From the shotgun seat you don't really have an option. At least on the supporting issue." The best advice he got came from a fellow blogger on the site. "She said, a man's first instinct is to say, 'I can fix this.' But you can't; you can't fix this. So you're left to do . . . what?'. . . The answer is to just be there. You can listen and hear, and let her know that you will be there for anything."

10 things you can do or say to help a friend with a cancer

Tip No. 1

Just be there

Phone or email regularly.

Alex, who emails Kate daily, says, "Life went on for me, all the normal day to day trivia, but Katie's life changed direction completely. The least I could do was put aside some of my day for her, every day.

Tip No. 2

Stay connected for the whole journey

You tend to get support through surgeries and chemo, says Kate, but knowing people are thinking about you through the end of the race "gives you the strength to continue."

Tip No. 3

Think practically

Making meals, babysitting and running errands may sound trite, but relieving your friend of mundane but unavoidable responsibilities can be an incredible boost and allow her to focus on the task of recovery.

Tip No. 4

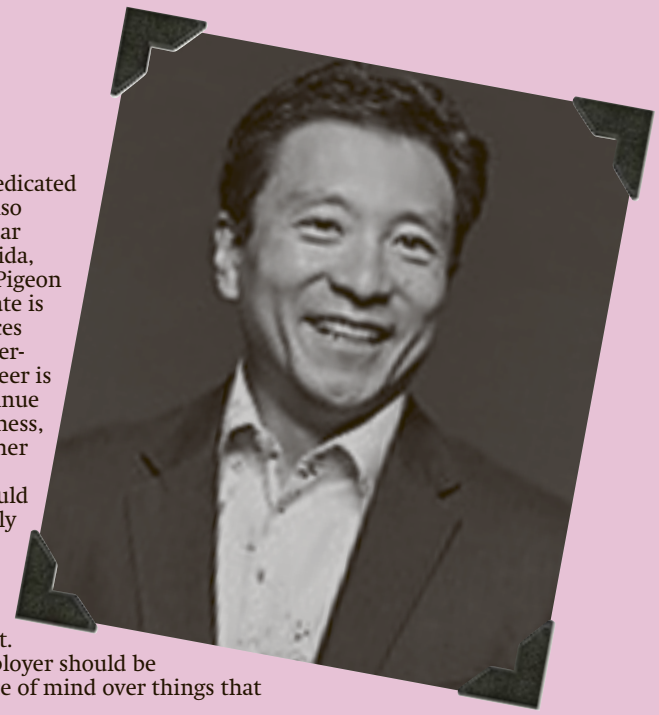
Get support yourself from other 'co-survivors'

At facingcancer.ca, cancer patients and their caregiving circles share experiences, advice, insight and strength.

ISTOCK IMAGES

circle

John Nishida, Kate's boss



"Kate isn't just a great and dedicated wife and mother, but she's also a stellar employee and a stellar professional," says John Nishida, Kate's boss and president of Pigeon Branding & Design, where Kate is vice-president of client services and strategy. Because he understood how important her career is to her, "I wanted her to continue to feel connected to the business, without worrying or having her stress about work at all."

John asked Kate if she would like him to email her a weekly update on the business; she loved the idea. "It was really to help her stay connected and let her know she didn't have anything to worry about. ... I think the role of any employer should be to give the person some peace of mind over things that can be a distraction."

Kate Kerr

"I was just a regular kind of person before – I pretty much lived my life on autopilot, which I now realize is not the way to live," says Kate. With her diagnosis in late October, 2011, "My life, my world, changed. For. Ever."

Booked for an immediate mastectomy, Kate came across a book in Toronto's Mount Sinai Hospital bookstore: Anticancer: A New Way of Life by David Servan-Schreiber (Viking, 2009). In it, Dr. Servan-Schreiber recommended three essential weapons against cancer: fitness, good nutrition and stress reduction. Kate seized all three, promptly buying a treadmill, adopting an anti-cancer diet and learning to meditate. Today she runs 30 minutes a day and is participating in a three-year program of mindful meditation.

"I discovered and am learning how to really live a full life, to make every moment count, to try to be a bigger, better person," she says. "Having gone through this breast cancer journey, my eyes are now opened, my ears are listening, and I am seeing life so, so differently. But it started with the support we were given right from the beginning: Overwhelming support and love of so many people that I could never have predicted."

ALL STORIES AND TIPS
COMPILED BY KATHY ULLYOTT

Andy Sanders, Kate's brother

Kate describes her older brother Andy as her "financial protector." A certified financial planner, Andy guided his sister through the financial challenges of cancer treatment and taking time off work. Much more than that, though, he was a steadying rudder. "When I called Andy to break the news to him, his first words were, 'Katie, we're going to get through this.' That was huge for me because up till that point I was pretty sure that it was game over. Those were exactly the right words at the right time."

"My goal was to make sure Kate felt completely looked after, to give her some direction, focus, reassurance and hope that there are better days ahead," says Andy, whose approach is one of humour and compassion. "Just because somebody has cancer doesn't mean they've lost their sense of humour."

Exclusively online

- Look Good Feel Better is Canada's only cancer charity dedicated to empowering women to manage the effects that cancer and its treatment can have on their appearance. At the heart of the program is the free, two-hour hands-on workshop that comes complete with a complimentary cosmetic and personal care kit. Workshops are offered at more than 116 hospitals and cancer care facilities across Canada. lgfb.ca.
- Launched in 2010, FacingCancer.ca is a companion program to Look Good Feel Better, offering an online community where women with cancer and those who support them can share, confide and connect with each other to help manage the social and emotional effects of living with cancer. FacingCancer.ca

'Things I Wish I'd Known'

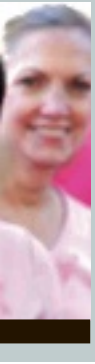
Resources for caregivers

The National Cancer Institute estimates that one in two men and one in three women will get cancer in their lifetimes. Along with these statistics is the reality that many of them will need a caregiver and advocate. Deborah Cornwall, a cancer survivor, wrote a book with those caregivers in mind. Things I Wish I'd Known: Cancer Caregivers Speak Out, provides caregivers with resources that cover everything from advocating for a cancer patient to how to take time out for yourself.

Muse

Post-mastectomy bra collection

The La Vie en Rose has created Muse, a new collection of post-mastectomy bras to offer women a chance to regain their confidence by feeling beautiful and looking great. The project started when one of its clients who, after undergoing a double mastectomy, approached the company about designing an empowering and desirable lingerie line for post-mastecomy women. lavieenrose.com



Tip No. 5

Admit you can't possibly understand what she's going through

But ask your friend to help you understand better, and to be blunt about what she needs.

Tip No. 6

Focus on the present

"It can be upsetting to try to look too far ahead into the unknown," says Andy Sanders. "But looking to the past invites comparisons that can be overwhelming. Celebrate all the victories you can in the present."

Tip No. 7

Let your friend talk, if she wants to

But as importantly, not talk if she doesn't want to.

Tip No. 8

Don't judge her treatment choices

Or offer opinions (unless asked).

Tip No. 9

Grow a thick skin

Particularly if your relationship is very close — that of a parent or partner — you may be the only person on whom your loved one can vent her terror or fury.

"You need broad shoulders, and you need to just suck it up," says Don.

Tip No. 10

Forgive yourself your mistakes.

"No sentient, feeling human can sustain a level of angelic care at all times," wrote Don on facingcancer.ca.

Now that we know the genetic codes for breast cancer, what does it mean?

Research breakthrough. Armed with more knowledge about these cancers, scientists can better target treatments

MICHELLE CASTILLO
Metro World News

Now that researchers have mapped the genetic codes of the different types of breast cancer, they'll be able to target therapies more effectively. ISTOCK

It was news that hit the front pages worldwide: A new study published in September 2012 in Nature has mapped out the genetic code of the various types of breast cancer and may give us insight in how to treat the disease more effectively.

But how to interpret all the medical mumbo jumbo?

What does it mean for you? Here's what we know:

What the scientists did

In order to learn more about the different types of breast cancer, the scientists took a closer look at their genetic code, including the RNA levels, the specific gene sequencing, how the genes added certain methyl groups and which proteins they created among other things.

They compared the genomes of the breast cancer to the genomes in the rest of their body.

"The question has always been, 'What's the underlying mutiology? What are the driving mutations that create the different breast cancer subtypes?'" Ellis explained.

The researchers found about 40 differences between the different types of cancer.

One interesting finding was triple negative/basal-like cancers actually acted more like certain aggressive forms of ovarian cancer.

What the study showed us

Ellis said that while doctors knew that there were different subtypes of cancer, they didn't exactly know how to treat each specific type. Everyone who had breast cancer would get similar blanket treatments.

Now, after these results, Ellis said researchers can focus their efforts on three therapeutic categories:

- Are there any tweaks to standard chemotherapy regiments that need to be made?
- Are there any targeted drugs that can be repurposed to effectively treat this type of breast cancer?
- What are the priorities for new drug development?

"By finding out the driving etiology (or origin) underlying these subtypes of breast cancer we can now create new therapeutic hypotheses from this data," he explained.

What it means for the future

When it comes to triple negative/basal-like cancers, Ellis explained scientists can now see if drugs that treat ovarian cancer may be more effective than current protocols. But, there are some ethical dilemmas on whether doctors should switch to new treatments.

"Should we use ovarian-style chemotherapy rather than the three drug treatment that has developed over 40 years of randomized trials?" he pointed out.

Another example is researchers found that all women with luminal A type cancers have a mutation in phosphoinositide 3-kinase, a cell receptor.

There are already drugs targeted to treat this type of mutation, so researchers can see whether current medication may also be able to help these cancer patients.

What puts us at risk?

Dr. Matt Ellis, a professor with the Department of Medicine at Washington University in St. Louis who was involved with the Nature study, told Metro World News there are several factors that increases a person's risk to getting breast cancer. "Breast cancer is a disease of industrialization," he explained. "It's the consequences of women having fewer children and having children at later ages." Ellis said that we've found from literature from centuries ago that showed that Italian nuns — who were better fed than the rest of the Italian women population, sedentary and did not bear children — were more likely to have breast cancer. These Italian nuns are similar to the lifestyles that some modern women lead today. Obesity is also a factor that increases breast cancer risk, as well as the earlier onset of the menstrual cycle. Girls who start to menstruate at 9 instead of at age 14 or 15 like their mothers and grandmothers are at greater risk. The more cycles a woman has and the fewer children she has can increase her chance of getting breast cancer. Past family history of breast cancer is also another factor. Finally, women who use post-hormonal treatments to extend their menstrual cycles beyond their natural time also puts them at danger.

What we knew before

We've known since the late 1990s that breast cancer is four distinct types of cancer.

- **Luminal A.** A slow growing cancer that is positive to progesterone and estrogen receptors — meaning it is spurred on by these hormones — and negative for the human epidermal growth factor receptor 2 (HER2) protein, which is known to encourage the growth of cancer cells. It's known to have a low risk of recurrence.
- **Luminal B.** A fast growing cancer positive to both progesterone and estrogen receptors and HER2 negative. It's also known to have a low risk of recurrence.
- **HER2 type.** These breast cancers contain many types of gene mutations due to the HER2 protein and is a higher risk breast cancer than Luminal A and Luminal B.
- **Triple negative/basal-like:** A fast growing cancer that is negative to both estrogen and progesterone receptors and HER2 proteins. It's a high-risk version of breast cancer.

Don't Suffer in Vein!

VARICOSE VEINS
Painful veins on your legs? Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

SPIDER VEINS
Spider veins on your legs or face? Get rid of them with simple injections.

DR. BEAUPRÉ VEIN/VARICES CLINIQUE

Dr. Lucie Beaupré
American Board of Phlebology Certified

OTTAWA
1335 Carling Avenue
Suite 600
(613) 722-0101

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561

www.drbeaupreveinclinic.com

It can happen to him too

Male breast cancer. A 43-year-old construction worker talks about being diagnosed with a typically female illness

ROMINA MCGUINNESS
Metro World News

Less than one per cent of all breast cancers occur in men. It's so rare most people don't even know it exists. Metro speaks to a survivor about his battle with the disease. Eleven years ago, 43-year-old Rusty Lydon, a construction worker from Boston, was diagnosed with breast cancer after noticing blood leaking from his nipple. How could he have breast cancer, when he didn't even have breasts?

We don't suppose you checked your chest up for a lump: how did you find out you had breast cancer?
Men are stubborn, we don't go to the doctors if we're sick. We take an aspirin. But my sinuses were hurting so bad I had to go. I also showed my doctor this little spot of blood that had started showing up on my shirt. He examined my chest and as he squeezed my left 'boob', blood squirted out from my nipple. He sent me for a mammogram.

Did you think your doctor was crazy?
I was like, a mammogram? That's a woman thing! The radiologist told me I had a lump. I thought it was a cyst — not cancer. One month later I was diagnosed with for Stage 1 breast cancer.

Rusty Lydon and his wife Annellen are both breast cancer survivors. MIA KORAB/METRO WORLD NEWS

How did you react to the news?
I felt drained. But the doctors told me that I would be fully cured if I had a mastectomy. I didn't hesitate. Now I have this 10-inch scar but I have a really hairy chest so you can't notice it.

If there is anything in particular that can trigger breast cancer in men?
My doctor asked me if I smoked marijuana, because they found out that it causes gynecomastia — male breast enlargement.

When women undergo a mastectomy they lose or damage a breast or even both breasts. Do you think a breast cancer is psychologically easier to deal with for a man?
For a woman, a breast is womanhood, it's a big part of their body. To me, as a man looking at a woman, breasts make a woman look good.

Were you embarrassed to find out you had an illness that is only meant to only happen in women?
Getting sick isn't something you can be ashamed of, but I was shocked. Men don't go feeling up their chests all the time. But now I self examine all the time, I just put my hand on my chest and give myself a rub.

How did your wife react to the news?
It could have been any kind of cancer, but because it was breast, it was a little strange. But she took it a lot more seriously than I did. I was like, I'm fine, cut my breast off and I'm done.

Your wife was diagnosed with breast cancer last year. Did you feel you could support her better because you went through the same thing?
Without a doubt. I told her not to worry about it. I think a woman goes, 'I can't be sick. I can't die. I have kids. For me it was: cut my breast off. I got to go to work. She's cancer free now but I remind her she can't think she has cancer every time she gets sick. If you think that way, you're going to mentally kill yourself.

Ask an expert

How does this happen to men?

Metro sat down with professor Philip J. Drew of the London Breast Clinic to learn more about breast cancer in men.

How common is breast cancer in men?
Breast cancer in men is relatively uncommon. Around one male breast cancer is diagnosed for every 150 female breast cancers.

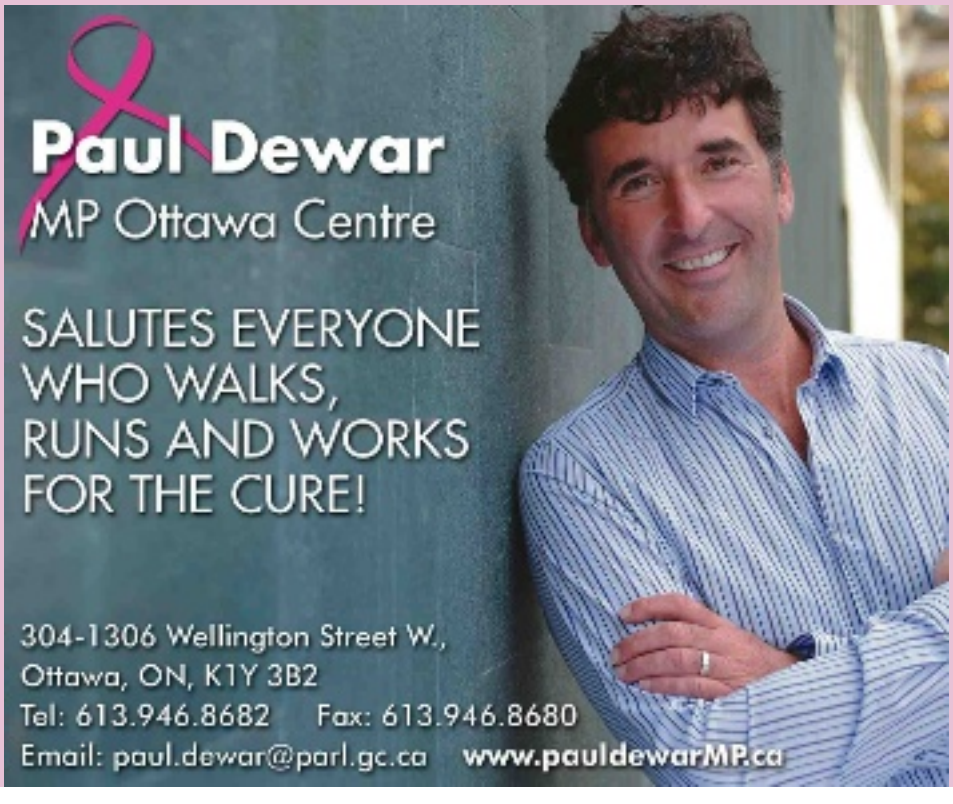
How can breast cancer happen to men — who technically don't have breasts?
It is wrong to say men do not have breasts. During a man's lifetime there are three peaks of incidence of breast growth. In the newborn due to exposure to maternal hormones, at puberty when some breast growth is actually more common than not and probably due to oestogen increasing before testosterone and lastly in the male over 50 when once again the relative drop in testosterone predisposes to breast growth."

Is breast cancer hereditary, like it is for many women?
Around three to six per cent of female breast cancers are thought to be inherited and ten to 20 per cent of male breast cancers. Men are more prone to the disease if they have a close family history of male or female breast cancer.

Breast cancer in men

- **Rare.** Breast cancer is about 100 times less common among men than among women.
- **Numbers.** In 2012, about 2,190 new cases of invasive breast cancer will be diagnosed among men. About 410 men will die of breast cancer.
- **Outlook.** Men and women with the same stage of breast cancer have a fairly similar outlook for survival.

SOURCE: CANCER.ORG



National BRA day is October 17. ISTOCK

Survivor crusades for reconstructive options after mastectomy

Fully restored. Naneve Hawke works to help patients return to the way they were prior to having cancer

BRIGITTE NOËL
Metro World News

A decade after her first breast cancer diagnosis, Naneve Hawke was told she was cured. She would only have a month to revel in this good news: a mammogram soon revealed the cancer had returned, and that this time, her breast would have to be removed.

Hawke was rattled. "I just couldn't fathom waking up with nothing there," she says of the mastectomy. "You have this constant reminder of cancer on your chest every time you look at yourself."

After days of online research, Hawke approached her doctor with a request for a skin-sparing mastectomy and same-day reconstruction: her cancerous tissue would be removed and a new breast mound would replace it, in one fell swoop.

Hawke says many women are unaware of their options when it comes to reconstructive breast surgery. While same-day reconstruction isn't available to all, medical advances now make it possible for most breast cancer patients to consider some version of the procedure.

Surgeon Toni Zhong says reconstruction has come a long way in the last decade. "It's fantastic now," she says. "Even the implants that we're dealing with are much more natural appearing, and now we use patients' own tissue, their own body parts to restore their breast so it's basically as natural as possible."

Zhong stresses the procedure is about healing, not vanity. "I think it's vital for women to feel that when they look down on their chest, that they have gotten over that cancer stage," she says.

For Hawke, the battle with cancer has become a crusade for patient advocacy. In 2010, she founded the BRA Committee, a group devoted to raising awareness and funding for breast reconstruction surgery.

"You can come out of this knowing, not only have they treated your cancer and hopefully cured your cancer, but you've also been restored to what you were before you had your cancer," Hawke says.

BRA Day

October 17 marks National Breast Reconstruction Awareness Day. For more information, visit bra-day.com.

Mammograms may up cancer risk in young women with gene mutation

Study. MRIs may be preferable over traditional screening tool in some women younger than 30

Mammograms may put young women who carry a mutation of the BRCA1 or BRCA2 gene at increased risk of developing breast cancer. ISTOCK

Mammograms aimed at finding breast cancer might actually raise the chances of developing it in young women whose genes put them at higher risk for the disease, a study by leading European cancer agencies suggests.

The added radiation from mammograms and other types of tests with chest radiation might be especially harmful to them and an MRI is probably a safer method of screening women under 30 who are at high risk because of gene mutations, the authors conclude.

The study can't prove a link between the radiation and breast cancer, but is one of the biggest ever to look at the issue. The research was published Thursday in the journal BMJ.

"This will raise questions and caution flags about how we treat women with (gene) mutations," said Dr. Len Lichtenfeld, deputy chief medical officer of the American Cancer Society. He and the society had no role in the research. Mammograms are most often used in women over 40, unless they are at high risk, like carrying a mutation of the BRCA1 or BRCA2 gene. Having such a mutation increases the risk of developing cancer five-fold. About one in 400 women has the gene abnormalities, which are more common in Eastern European Jewish populations. Unlike mammograms, an MRI, or magnetic resonance imaging scan, does not involve radiation.

THE ASSOCIATED PRESS

At risk

Test's use debated in the young

Mammograms have been proven to save lives and are clearly beneficial for women aged 50 and over who have an average risk of breast cancer. Experts are divided about their value in women younger than 50.

Some studies have suggested women with the genetic mutations that make them high risk for breast cancer could be more sensitive to radiation because the genes are involved in fixing DNA problems.

If those genes are damaged by radiation, they may not be able to repair DNA properly, raising the cancer risk.

An extra loud and tasty crunch

ROSE REISMAN
for more, visit rosereisman.com

The tortilla chip crust is crunchier than a regular bread crumb crust and gives the chicken a different texture.

This is my version of a Southwest chicken dish, and has much less fat (16 grams) and fewer calories (425) per serving than the traditional Mexican version.

If you can't find baked tortilla chips use regular, but the number of calories and amount of fat will be higher.

1. Preheat oven to 400 F. Lightly coat baking sheet lined with foil with cooking spray.

2. Guacamole: combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice, salt and pepper in bowl. Cover and set aside.

3. Working with one at a time, place chicken breast between 2 sheets of waxed paper and pound to even 1/2-inch thickness. Set aside. Whisk egg and milk and pour into shallow dish. Set aside.

4. In bowl of food processor, combine tortilla chips, bread crumbs and chili powder. Process until crumbly. Dip the pounded chicken breasts in the egg and milk mixture, then into the tortilla crumb mixture.

5. Lightly coat nonstick skillet with cooking spray, add oil and sauté chicken breasts 3 mins. per side or until browned. Place chicken on prepared baking sheet.

6. Divide salsa over chicken. Top with beans and cheese. Bake 10 mins. or until chicken is just cooked. Serve with guacamole. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Guacamole
- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1 tbsp light mayonnaise
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

Chicken
- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 2 1/2 cups baked tortilla chips
- 1/3 cup seasoned dry bread crumbs
- 1/4 tsp chili powder
- 2 tsp vegetable oil

To Serve
- 1/3 cup medium salsa
- 1/4 cup canned black beans, drained and rinsed
- 1/2 cup shredded aged white cheddar cheese

Tortilla Chip-Crusted Chicken with Guacamole and Salsa

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Sometimes, with the amount of things in your schedule, it's impossible to make dinner without a little bit of help. Be mindful, however, from where the help is coming.

Hamburger Helper Cheese Shells (2 cups)

926 calories/41 g fat
People traditionally make Hamburger Helper with medium ground beef and higher fat milk, increasing calorie and fat content.

Equivalent

With a normal serving size of two cups rather than the minimal size stated on the package, the Hambuger Helper Cheese Shells are equal in fat to three orders of chili nachos from Wendy's.

Tuna Helper Au Gratin (2 cups)

500 calories/13 g fat
Making this Tuna Helper with margarine, skim milk and tuna packed in water rather than oil reduces fat and calories.

Fall calls for Creamy Chicken and Potato Casseroles

Keep things simple with this Chicken and Potato Casserole by cutting down on mess and time, by mixing it right in the dish it is baked in.

The recipe also calls for the ultimate workhorse of the weeknight kitchen — the rotisserie chicken. Add a few vegetables and a creamy sauce made from pantry staples, and dinner's on the table in no time.

1. Heat the oven to 400 F.

2. In a 9-by-13-inch baking dish, stir together the mayonnaise, soup, milk, pepper, salt, thyme and garlic powder. Stir in the potatoes, zucchini, green beans, carrots and chicken. Sprinkle with the cheddar cheese and the bread crumbs.

3. Bake for 40 minutes, or until bubbling and the vegetables are tender.

THE ASSOCIATED PRESS

Ingredients

- 1/2 cup light mayonnaise
- 10 3/4-oz can condensed cream-of-chicken soup
- 1/2 cup milk
- 1/4 tsp ground black pepper
- 1/2 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 20-oz package hash brown potatoes
- 1 medium zucchini, diced
- 1 cup green beans, cut into pieces
- 1/2 cup grated carrot
- Meat from a 2-lb rotisserie chicken, cubed, skin and bones discarded
- 3/4 cup shredded cheddar cheese
- 1/2 cup panko breadcrumbs

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Don't waste your money.
FRESHCO. is CHEAPER
Plus we price match
FreshCo.com
FRESHCO.
Fresher. Cheaper.

4 SPORTS

NHL

Discussions focus on drug policy

The NHL and the players' association met for a third straight day Sunday, and again avoided the troublesome money issues that are fuelling the ongoing lockout.

The NHL drug policy, which was a key component of talks Friday when the sides got together for the first time since the lockout was imposed Sept. 16, was the focus of talks again on Sunday.

Because of difficulty in finding common ground on how to split up money, the league and union concentrated all weekend on secondary issues that will be included in a new agreement. THE ASSOCIATED PRESS

MLB

AL Central title in sight for Tigers

The Detroit Tigers finally have a little breathing room in what has been an air-tight AL Central title race.

Miguel Cabrera has no such luxury as he tries to win the Triple Crown.

Prince Fielder hit a two-run homer in the eighth to lift Detroit to a 2-1 win over the Minnesota Twins on Sunday, moving the Tigers to a season-high three-game lead over the White Sox.

Joe Mauer went 3-for-4 to raise his average to .323, putting him right on the heels of Tigers slugger Miguel Cabrera (.325) for the AL batting crown.

THE ASSOCIATED PRESS

Detroit's Prince Fielder rounds the bases after hitting an eighth-inning home run on Sunday. THE ASSOCIATED PRESS

Europe's Sergio Garcia, left, Luke Donald and Justin Rose celebrate after winning the Ryder Cup on Sunday in Medinah, Ill. CHRIS CARLSON/THE ASSOCIATED PRESS

Europeans clinch cup with heroic final day

Golf. Poulter spurs record-tying Ryder Cup comeback in Illinois

Erasing some of their worst Ryder Cup memories, the Europeans wore the image of Seve Ballesteros on their sleeves and played their hearts out Sunday at Medinah to match the greatest comeback in history and head home with that precious gold trophy.

Europe got its payback for Brookline. Martin Kaymer gave German golf redemption for Kiawah Island.

Jose Maria Olazabal squeezed his eyes and fought back tears when Kaymer holed a six-foot par putt — about the same length that countryman Bernhard Langer missed at Kiawah in 1991 — to beat Steve Stricker and give Europe the point it needed to keep the cup.

Tiger Woods missed a 3 1/2-foot par putt on the 18th hole and conceded a par to Francesco Molinari that halved their match, that extra half-point making it a clear-cut win for Europe, 14 1/2 to 13 1/2.

Woods and Stricker, the anchors in the lineup, didn't win a single match at Medinah.

"This one is for all of Europe," Olazabal said. "Seve will always be present with this team. He was a big factor for this event for the European side."

Ballesteros died in May 2011 from complications associated with a cancerous brain tumour, and the European squad paid tribute to the Spanish legend all week.

Ian Poulter was the first to embrace Olazabal, which was only fitting.

It was Poulter who gave Europe hope Saturday evening when he made five straight birdies to turn a loss into a win and swing momentum in Europe's favour. Poulter was up to his tricks again on the final day, winning the last two holes in his match against U.S. Open champion Webb Simpson.

And he had plenty of help. Europe's top five players in the lineup all won, including Rory McIlroy, who came up with key birdies to hand Keegan Bradley his first loss of the week.

The biggest match might have belonged to Justin Rose. He was on the verge of losing to Phil Mickelson when Rose holed a 12-foot par putt to halve the 16th, made a 35-foot birdie putt from the back of the 17th green to win the hole, and then closed out Mickelson with a 12-foot birdie on the last hole.

THE ASSOCIATED PRESS

Sunday surge

The Americans also rallied from a four-point deficit to win in 1999 at Brookline. This was different, though.

- The Americans won big in those early matches. At Medinah, so many of them could have gone either way.
- It was so close, so tense, that either side could have won the Ryder Cup down to the very end.

Pats sink Bills with second-half outburst

New England's Brandon Lloyd makes a touchdown catch as Buffalo's Aaron Williams gives chase, Sunday, in Orchard Park, N.Y. GARY WIEPERT/THE ASSOCIATED PRESS

Once Tom Brady started connecting with his favourite receivers, there was nothing wrong with the New England Patriots.

Brady led six straight touchdown drives in the second half to lead New England to a 52-28 rout of the Buffalo Bills (2-2) on Sunday. The Patriots (2-2) overcame a sloppy first half and a 21-7 third-quarter deficit to avoid their first three-game skid in 10 years.

"Down 21-7 and on the road, backs against the wall, and I thought we showed a lot of heart," Brady said. "That's what this team is made of. And we're going to battle until the end, I know that."

Brady finished 22 of 36 for 340 yards and three TDs, plus one rushing.

Cornerback Devin McCourty had two interceptions, keying a defence that forced six turnovers and had three sacks.

Wes Welker had nine catches for 129 yards, and Ron Gronkowski had five for 104 yards and a TD as both players bounced back from first-half fumbles.

THE ASSOCIATED PRESS

Around the NFL

- **49ers 34, Jets 0.** Carlos Rogers returned a fumble 51 yards for a TD, and San Francisco ran for more than 200 yards in a blowout of the Jets.
- **Vikings 20, Lions 13.** Percy Harvin returned the opening kickoff for a TD and Marcus Sherels scored on a punt return early in the third as Minnesota improved to 3-1.

Mobile sports

Qrikel

To most outside observers, the Boston Celtics' aging core of talent appears to be on its last legs. But don't tell Courtney Lee that. The young guard says he came to Boston from Houston in search of a championship.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	92	67	.579	—
New York	92	67	.579	—
Tampa Bay	88	71	.553	4
Toronto	70	89	.440	22
Boston	69	90	.434	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	86	73	.541	—
Chicago	83	76	.522	3
Kansas City	71	88	.447	15
Cleveland	67	92	.421	19
Minnesota	66	93	.415	20

WEST DIVISION

	W	L	Pct	GB
Texas	92	66	.582	—
Oakland	91	68	.572	1½
Los Angeles	88	70	.557	4
Seattle	73	86	.459	19½

Sunday's results
Cleveland 15 Kansas City 3
L.A. Angels 5 Texas 4 (1st game)
N.Y. Yankees 9 **Toronto 6**
Baltimore 6 Boston 3
Detroit 2 Minnesota 1
Tampa Bay 6 Chicago White Sox 2
Oakland 5 Seattle 2
L.A. Angels at Texas (2nd game)
Saturday's results
Toronto 3 N.Y. Yankees 2
Detroit 6 Minnesota 4
Oakland 7 Seattle 4 (10 innings)
Tampa Bay 10 Chicago White Sox 4
L.A. Angels at Texas (ppd., rain)
Baltimore 4 Boston 3
Kansas City 7 Cleveland 6 (14 innings)
Monday's games — All Times Eastern
Boston (Buchholz 11-7) at N.Y. Yankees (Sabathia 14-6), 7:05 p.m.
Chicago White Sox (H.Santiago 3-1) at Cleveland (Kluber 2-4), 7:05 p.m.
Minnesota (Vasquez 0-2) at **Toronto (Laffey 4-6)**, 7:07 p.m.
Baltimore (W.Chen 12-10) at Tampa Bay (Cobb 10-9), 7:10 p.m.
Detroit (Porcello 9-12) at Kansas City (B.Chen 11-13), 8:10 p.m.
Texas (M.Perez 1-3) at Oakland (J.Parker 12-8), 10:05 p.m.
L.A. Angels (C.Wilson 12-10) at Seattle (F.Hernandez 13-8), 10:10 p.m.
Tuesday's Games
Boston at N.Y. Yankees, 7:05 p.m.
Chicago White Sox at Cleveland, 7:05 p.m.
Minnesota at Toronto, 7:07 p.m.
Baltimore at Tampa Bay, 7:10 p.m.
Detroit at Kansas City, 8:10 p.m.
Texas at Oakland, 10:05 p.m.
L.A. Angels at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
z-Washington	96	63	.604	—
z-Atlanta	93	66	.585	3
Philadelphia	80	79	.503	16
New York	73	86	.459	23
Miami	67	92	.421	29

CENTRAL DIVISION

	W	L	Pct	GB
x-Cincinnati	96	63	.604	—
St. Louis	86	73	.541	10
Milwaukee	81	78	.509	15
Pittsburgh	77	82	.484	19
Chicago	60	99	.377	36
Houston	53	106	.333	43

WEST DIVISION

	W	L	Pct	GB
x-San Francisco	93	66	.585	—
Los Angeles	84	75	.528	9
Arizona	80	79	.503	13
San Diego	75	84	.472	18
Colorado	62	97	.390	31

z-clinched playoff berth
x-clinched division

Sunday's results
Philadelphia 4 Miami 1
Cincinnati 4 Pittsburgh 3
Atlanta 6 N.Y. Mets 2
Houston 7 Milwaukee 0
St. Louis 10 Washington 4
San Francisco 7 San Diego 5
Chicago Cubs 7 Arizona 2
L.A. Dodgers 7 Colorado 1
Saturday's results
Pittsburgh 2 Cincinnati 1
Milwaukee 9 Houston 5
Atlanta 2 N.Y. Mets 0
Philadelphia 9 Miami 5
Washington 6 St. Louis 4 (10 innings)
Arizona 8 Chicago Cubs 2
San Diego 7 San Francisco 3
L.A. Dodgers 3 Colorado 0
Monday's Games — All Times Eastern
Atlanta (Maholm 13-10) at Pittsburgh (Locke 0-3), 7:05 p.m.
Philadelphia (K.Kendrick 10-12) at Washington (Lannan 4-0), 7:05 p.m.
N.Y. Mets (Familia 0-0) at Miami (Jo.Johnson 8-14), 7:10 p.m.
Houston (Harrell 10-11) at Chicago Cubs (Berken 0-2), 8:05 p.m.
San Diego (Richard 14-13) at Milwaukee (Marcum 6-4), 8:10 p.m.
Cincinnati (Arroyo 12-9) at St. Louis (J.Garcia 6-7), 8:15 p.m.
Colorado (D.Pomeranz 2-9) at Arizona (Miley 16-11), 9:40 p.m.
San Francisco (M.Cain 16-5) at L.A. Dodgers (Harang 10-10), 10:10 p.m.
Tuesday's Games
Atlanta at Pittsburgh, 7:05 p.m.
Philadelphia at Washington, 7:05 p.m.
N.Y. Mets at Miami, 7:10 p.m.
Houston at Chicago Cubs, 8:05 p.m.
San Diego at Milwaukee, 8:10 p.m.
Cincinnati at St. Louis, 8:15 p.m.
Colorado at Arizona, 9:40 p.m.
San Francisco at L.A. Dodgers, 10:10 p.m.

YANKEES 9, BLUE JAYS 6

SUNDAY AFTERNOON

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter ss	5	1	3	1	Lawrie 3b	5	2	3	2
ISuzuki rf	4	0	1	1	RDavis lf	5	1	2	0
AIRdrg 3b	4	2	2	0	Encrnc dh	2	1	0	0
Cano 2b	5	2	3	1	Rasms ph-dh	1	0	0	0
Swisher 1b	4	0	1	0	YEscor ss	4	1	2	1
Grndrs cf	4	1	1	2	Lind 1b	4	0	1	1
Ibanez lf	4	0	2	0	Sierra rf	4	0	1	1
Gardnr pr-lf	0	1	0	0	Arencii c	3	0	0	0
Dickrsn ph-lf	1	0	0	0	Hchvrr 2b	4	0	0	0
RMartn c	4	0	0	0	Gose cf	3	1	1	0
ErChvz dh	2	1	1	1					
ENunez ph-dh	2	1	1	1					
Totals	**39**	**9**	**15**	**7**	**Totals**	**35**	**6**	**10**	**5**

New York	001	001	322	—9
Toronto	200	030	001	—6

E—Lawrie (17). DP—New York 1, Toronto 1. LOB—New York 9, Toronto 8. 2B—Jeter (31), Cano 2 (46), Y.Escobar (22). HR—Er.Chavez (16), Lawrie (11). S—R.Martin. SF—I.Suzuki, E.Nunez, Lind.

New York	IP	H	R	ER	BB	SO
P.Hughes	4 2-3	8	5	5	2	4
D.Lowe	1 2-3	0	0	0	0	0
Logan W,7-2	2-3	0	0	0	1	1
D.Robertson H,30	1	0	0	0	1	2
R.Soriano	1	2	1	1	1	0
Toronto						
H.Alvarez	6	7	2	2	0	4
Cecil	0	1	1	1	0	0
Delabar H,11	1-3	2	2	2	1	0
Loup BS,1-1	2-3	0	0	0	0	0
Oliver L,3-4	0	1	2	2	1	0
Lyon	1	1	0	0	0	0
Frasor	2-3	3	2	2	1	1
Beck	1-3	0	0	0	0	0

Cecil pitched to 1 batter in the 7th.
Oliver pitched to 2 batters in the 8th.
T—3:25. A—31,418 (49,260) at Toronto.

BLUE JAYS 3, YANKEES 2

SATURDAY AFTERNOON

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter dh-ss	5	1	1	0	Lawrie 3b	3	0	0	0
ISuzuki lf-rf	5	1	3	0	RDavis lf	4	1	3	2
AIRdrg 3b	3	0	0	0	Encrnc dh	4	0	0	0
Cano 2b	3	0	2	1	YEscor ss	3	1	1	0
Swisher 1b	3	0	2	0	YGoms 1b	2	0	1	0
Grndrs cf	3	0	0	1	Lind ph-1b	0	0	0	0
AnJons rf	2	0	0	0	Sierra rf	4	0	0	0
Ibanez ph-lf	2	0	0	0	Mathis c	3	1	1	0
Gardnr pr-lf	0	0	0	0	Hchvrr 2b	3	0	1	1
ENunez ss	3	0	1	0	Gose cf	3	0	0	0
Pettitte p	0	0	0	0					
Chmrln p	0	0	0	0					
ErChvz ph	1	0	0	0					
Eppley p	0	0	0	0					
Logan p	0	0	0	0					
DRrtsn p	0	0	0	0					
CStwrt c	2	0	0	0					
RMartn ph	1	0	0	0					
Totals	**33**	**2**	**9**	**2**	**Totals**	**29**	**3**	**7**	**3**

New York	200	000	000	—2
Toronto	100	011	00x	—3

E—Sh.Hill (1), Y.Gomes (1). DP—New York 1, Toronto 1. LOB—New York 10, Toronto 6. 2B—Mathis (12), Hechavarria (7). HR—R.Davis (8). CS—I.Suzuki (7), Gardner (1). SF—Cano, Granderson.

New York	IP	H	R	ER	BB	SO
Pettitte L,5-4	5 2-3	5	3	3	3	4
Chamberlain	1 1-3	1	0	0	0	3
Eppley	1-3	1	0	0	0	0
Logan	0	0	0	0	1	0
D.Robertson	2-3	0	0	0	0	0
Toronto						
R.Romero	3	6	2	2	2	3
Sh.Hill W,1-0	3	0	0	0	2	0
Lincoln H,4	1-3	1	0	0	0	1
Loup H,5	2-3	1	0	0	0	0
Delabar H,10	1	0	0	0	0	2
Janssen S,21-24	1	1	0	0	0	1

Logan pitched to 1 batter in the 8th.
T—2:54. A—36,139 (49,260) at Toronto.

TENNIS

ATP THAILAND OPEN

At Bangkok
Singles — Championship
Richard Gasquet (2), France, def. Gilles Simon (4), France, 6-2, 6-1.
Doubles — Championship
Yen-hsun Lu, Taiwan, and Danai Udomchoke, Thailand, def. Erc Butorac, U.S., and Paul Hanley (4), Australia, 6-3, 6-4.

WTA PAN PACIFIC OPEN

Singles — Championship
Nadia Petrova (17), Russia, def. Agnieszka Radwanska (3), Poland, 6-0, 1-6, 6-3.
Doubles — Championship
Raquel Kops-Jones and Abigail Spears, U.S., def. Anna-Lena Groenefeld, Germany, and Kveta Peschke (4), Czech Rep., 6-1, 6-4.

GOLF

PGA RYDER CUP

SUNDAY—FINAL
EUROPE 14½ — U.S. 13½
Singles
Europe 8½ — U.S. 3½
Luke Donald, Europe, def. Bubba Watson, U.S., 2 and 1.
Ian Poulter, Europe, def. Webb Simpson, U.S., 2 up.
Rory McIlroy, Europe, def. Keegan Bradley, U.S., 2 and 1.
Justin Rose, Europe, def. Phil Mickelson, U.S., 1 up.
Paul Lawrie, Europe, def. Brandt Snedeker, U.S., 5 and 3.
Dustin Johnson, U.S., def. Nicolas Colsaerts, Europe, 3 and 2.
Zach Johnson, U.S., def. Graeme McDowell, Europe, 2 and 1.
Sergio Garcia, Europe, def. Jim Furyk, U.S., Europe 1 up.
Jason Dufner, U.S., def. Peter Hanson, Europe, 2 up.
Lee Westwood, Europe, def. Matt Kuchar, U.S., 3 and 2.
Martin Kaymer, Europe, def. Steve Stricker, U.S., 1 up.
Francesco Molinari, Europe, halved with Tiger Woods, U.S.

WEB.COM CHIQUITA CLASSIC

At Weddington, N.C.
Par 72
Final Round
Russell Henley, $99,00066-65-65-70—266
Morgan Hoffmann, $48,40068-67-66-65—266
Patrick Cantlay, $48,40069-67-65-65—266
Brad Fritsch, $26,40067-64-65-72—268
Robert Streb, $20,90069-69-66-67—271
Scott Dunlap, $20,90066-71-66-68—271
Russell Knox, $17,73868-65-70-70—273
Fernando Mechereffe, $17,73869-66-67-71—273

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-Kansas City	17	7	7	58	39	25
New York	15	8	8	53	54	44
Chicago	16	9	5	53	42	36
D.C.	15	10	6	51	48	40
Houston	13	8	10	49	44	37
Columbus	14	11	6	48	39	39
Montreal	12	15	4	40	44	49
Philadelphia	8	15	6	30	31	36
New England	7	16	8	29	37	43
Toronto FC	5	19	7	22	35	59

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	18	6	7	61	65	39
x-Real Salt Lake	16	11	4	52	44	34
x-Los Angeles	15	11	5	50	55	43
x-Seattle	13	7	10	49	45	31
Vancouver	10	12	9	39	31	40
FC Dallas	9	12	10	37	38	41
Colorado	9	18	4	31	39	46
Portland	7	15	9	30	32	52
Chivas USA	7	16	7	28	21	49

NOTE: Three points for victory, one point for tie.
x-clinched playoff berth
Sunday's result
Colorado 1 Los Angeles 1
Saturday's results
New York 4, Toronto FC 1
Columbus 3, Philadelphia 2
Houston 2, New England 0
Vancouver 0, Seattle FC 0, tie
Portland 1, D.C. United 1, tie
Real Salt Lake 4, Chivas USA 0
San Jose 3, FC Dallas 3, tie
Friday's result
Sporting Kansas City 2 Chicago 0
Wednesday's games — All Times Eastern
Philadelphia at Chicago, 8:30 p.m.
Chivas USA at Vancouver, 10 p.m.
Saturday's games
D.C. United at Toronto FC, 1 p.m.
Chicago at New York, 3:30 p.m.
New England at Philadelphia, 7 p.m.
Montreal at Houston, 8:30 p.m.
Real Salt Lake at Los Angeles, 9 p.m.
San Jose at Colorado, 9 p.m.
Sunday, Oct. 7
Sporting Kansas City at Columbus, 4 p.m.
FC Dallas at Chivas USA, 7 p.m.
Portland at Seattle FC, 9 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	2	0	.500	81	109
New England	2	2	0	.500	134	92
Buffalo	2	2	0	.500	115	131
Miami	1	3	0	.250	86	90

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	0	0	1.000	126	56
Indianapolis	1	2	0	.333	61	83
Jacksonville	1	3	0	.250	62	97
Tennessee	1	3	0	.250	81	151

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	121	83
Cincinnati	3	1	0	.750	112	112
Pittsburgh	1	2	0	.333	77	75
Cleveland	0	4	0	.000	73	98

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	100	71
Denver	2	2	0	.500	114	83
Kansas City	1	3	0	.250	88	136
Oakland	1	3	0	.250	67	125

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	1	0	.667	47	54
Philadelphia	2	1	0	.667	47	66
N.Y. Giants	2	1	0	.667	94	65
Washington	2	2	0	.500	123	123

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	0	0	1.000	124	76
Tampa Bay	1	3	0	.250	82	91
Carolina	1	3	0	.250	80	109
New Orleans	0	4	0	.000	110	130

NORTH

	W	L	T	Pct	PF	PA
Minnesota	3	1	0	.750	90	72
Chicago	2	1	0	.667	74	50
Green Bay	2	2	0	.500	85	81
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	0	0	1.000	91	61
San Francisco	3	1	0	.750	104	65
St. Louis	2	2	0	.500	79	91
Seattle	2	2	0	.500	70	58

WEEK FOUR

Sunday's results
Houston 38 Tennessee 14
San Diego 37 Kansas City 20
St. Louis 19 Seattle 13
New England 52 Buffalo 28
Minnesota 20 Detroit 13
Atlanta 30 Carolina 28
San Francisco 34 N.Y. Jets 0
Arizona 24 Miami 21, OT
Denver 37 Oakland 6
Cincinnati 27 Jacksonville 10
Green Bay 28 New Orleans 27
Washington 24 Tampa Bay 22
N.Y. Giants at Philadelphia
Thursday's result
Baltimore 23 Cleveland 16
Monday's Game — All Times Eastern
Chicago at Dallas, 8:30 p.m.

WEEK FIVE

Thursday's game
Arizona at St. Louis, 8:20 p.m.
Sunday's games
Baltimore at Kansas City, 1 p.m.
Atlanta at Washington, 1 p.m.
Philadelphia at Pittsburgh, 1 p.m.
Green Bay at Indianapolis, 1 p.m.
Cleveland at N.Y. Giants, 1 p.m.
Miami at Cincinnati, 1 p.m.
Seattle at Carolina, 4:05 p.m.
Chicago at Jacksonville, 4:05 p.m.
Buffalo at San Francisco, 4:25 p.m.
Tennessee at Minnesota, 4:25 p.m.
Denver at New England, 4:25 p.m.
San Diego at New Orleans, 8:20 p.m.
Open: Dallas, Detroit, Oakland, Tampa Bay
Monday, Oct. 8
Houston at N.Y. Jets, 8:30 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	360	378	16
Toronto	13	7	6	0	317	321	14
Hamilton	13	5	8	0	401	409	10
Winnipeg	13	3	10	0	247	406	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	13	9	4	0	338	249	18
Calgary	13	8	5	0	376	302	16
Saskatchewan	13	7	6	0	341	280	14
Edmonton	13	5	8	0	279	314	10

WEEK 14
Saturday's results
Saskatchewan 27 B.C. 21
Toronto 29 Winnipeg 10
Friday's results
Calgary 39 Edmonton 15
Hamilton 41 Montreal 28
WEEK 15
Friday, Oct. 5 — All Times Eastern
Hamilton at Edmonton, 9 p.m.
Saturday, Oct. 6
Calgary at B.C., 10 p.m.
Monday, Oct. 8
Winnipeg at Montreal, 1 p.m.
Saskatchewan at Toronto, 4:30 p.m.

ARGONAUTS 29, BLUE BOMBERS 10

LATE SATURDAY
First Quarter
Tor — TD Jackson 1 run (Waters convert) 7:41
Tor — TD Ball 27 interception return (Waters convert) 8:33
Tor — TD Inman 12 pass from Jackson (Waters convert) 14:36
Second Quarter
Wpg — FG Palardy 20 7:51
Wpg — TD Edwards 20 pass from Pierce (Palardy convert) 12:57
Tor — FG Waters 46 15:00
Third Quarter
Tor — FG Waters 23 2:29
Fourth Quarter
Tor — Single Waters 18 0:42
Tor — Single Waters 69 6:09

Toronto	**21**	**3**	**3**	**2**	**—**	**29**
Winnipeg	**0**	**10**	**0**	**0**	**—**	**10**

Attendance — 27,169 at Winnipeg.

TEAM STATISTICS	Tor	Wpg
First downs	25	21
Yards rushing	163	63
Yards passing	155	293
Total offence	318	356
Team losses	5	24
Net offence	313	332
Passes made-tried	17-28	28-43
Total return yards	167	170
Interceptions-yards by	4-76	0-0
Fumbles-lost	2-1	3-3
Sacks by	1	2
Punts-average	6-44.8	5-37.2
Penalties-yards	13-110	12-102
Time of possession	37:01	22:59

INDIVIDUAL STATISTICS
Rushing — Tor: Kackert 20-86, Jackson 7-51, Durie 3-24, Johnson 1-2, Owens 1-0; Wpg: Simpson 7-39, Elliott 3-16, Brink 2-5, Pierce 1-3.
Receiving — Tor: Inman 4-58, Mann 6-47, Durie 3-27, Kackert 2-20, Owens 2-3; Wpg: Denmark 10-99, Matthews 7-82, Poblah 5-47, Edwards 4-47, Simpson 1-9, Watson 1-9.
Passing — Tor: Jackson 17-28, 155 yards, 1 TD, 0 int; Wpg: Pierce 8-13-120-1-1, Elliott 20-30-173-0-3.

Horoscopes

♈ Aries
March 21 - April 20
Trust your instincts and don't let other people's doubts put you off doing what you know to be right. The more people say you are heading for a fall, the more likely it is you are on the right track.

♉ Taurus
April 21 - May 21
You are who you are and that's the end of it. But it is possible to take who you are and make something of it that earns you respect. Make respecting yourself your main aim for the coming week.

♊ Gemini
May 22 - June 21
You will find yourself in a situation where you have to defend yourself against allegations that you have been less than honest. Is it true? If so, own up to it and defuse the hostility quickly.

♋ Cancer
June 22 - July 23
Don't give into the urge to change things around for the sake of it today because you will only have to change them back again later. You know the old saying: If it's not broken then why fix it?

♌ Leo
July 24 - Aug. 23
You may not care what other people think about you, but the planets warn you need to see yourself from their perspective. If you don't, you may make a mistake that leaves you considerably less well off.

♍ Virgo
Aug. 24 - Sept. 23
You have waited long enough as it is. Now, you must get started on a project that could and should transform your existence. Relationships are about to move into a more positive phase. That should help considerably.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if others are dragging their feet and making life difficult for you, and maybe they are. But you are also making life difficult for yourself. Think positive and don't let fear get a grip on you.

♏ Scorpio
Oct. 24 - Nov. 22
Be careful what you say today because if you say the wrong thing, it could prove costly — financially and professionally. The wise course of action is to say nothing at all, at least for the time being.

♐ Sagittarius
Nov. 23 - Dec. 21
You will come in for criticism today and although it may not be deserved, you can still learn from it. How do you do that? By learning to stay away from people who are negative.

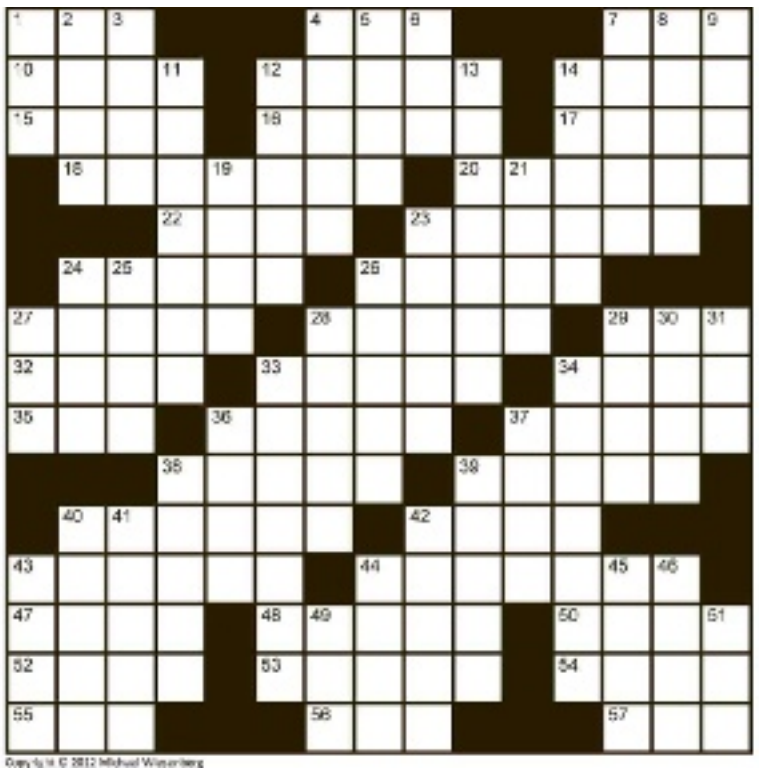
♑ Capricorn
Dec. 22 - Jan. 20
You must be honest in everything you do over the next 24 hours. If you cut corners or bend rules, the forces of authority will give you a hard time. You can still be Number One — somehow you always are.

♒ Aquarius
Jan. 21 - Feb. 19
The planets warn you could be a bit too outspoken for your own good today. On the work front, in particular, you must watch the tendency to snap at colleagues when they are wrong. It won't be appreciated.

♓ Pisces
Feb. 20 - March 20
When Venus changes signs in midweek, you will find that your attitude towards certain people is less confrontational. You can and you must protect your interests but you don't have to turn it into a war.
SALLY BROMPTON

Start With a Buffalo Springfield Song

BY MICHAEL WIESENBERG



Across
1. "For What ___ Worth"
4. School fund-raising grp.
7. Apply gingerly, as make-up (with "on")
10. Neighbor of Cambodia
12. Fake name
14. Contend successfully
15. Former: poetic
16. Halifax-born singer McLachlan
17. Early poker pot maker
18. Fries, cheese, and gravy dish
20. Supernatural
22. Foreshadow
23. Like bad cell reception
24. Whole grains contain this
26. Bay of Naples island on which the Blue Grotto is located
27. Nonsensical
28. 1979 Ridley Scott thriller starring Sigourney Weaver
29. Cat extremity
32. Dickens' *A ___ of Two Cities*
33. Devote, as time
34. Climber's cord
35. Certain aliens
36. Diamond measure
37. Disinterested
38. Piglike nocturnal ungulate of the tropics
39. Links up with a space station
40. Attack vigorously
42. Bathroom fixture
43. Lighter fluid
44. Early French Canadian
47. Open a bit, as a door
48. Involving ships
50. Southernmost Great Lake
52. Added amounts
53. Mixes, in a way
54. Warbled
55. Sixth sense
56. Donkey
57. Beseech

Down
1. Island: Fr.
2. Waterproof canvas, for short
3. __-__: "Comme si, comme ça"
4. Carpentry smoother
5. Michelin product
6. Small battery
7. Breakfast pastry
8. Fittingly
9. Red as a ___
11. Five o'clock shadow
12. Stage whisper
13. Patronized The Bay or Canadian Tire
14. Desert plants
19. Conservative Party member
21. Food on a cob
23. Christopher, Francis or, Augustine
24. Small Italian car being promoted in North America of late
25. Ailments
26. Unblemished
27. Sault ___ Marie
28. Canada's Earth Day is on the 22nd of this month
29. "The other white meat"
30. *Planet of the* ___
31. Married
33. Homo ___: modern humans
34. Alberta-BC border feature
36. James ___: TV's *Las Vegas* star
37. "My name is ___, James ..."
38. Bygone Russian despots
39. Uses an old phone
40. Served in its natural gravy, as roast beef (2 wds.)
41. Philatelist's acquisition
42. Battle wounds
43. Air Force installation
44. Hertz rival
45. Resident of Morocco or Lebanon
46. "A stitch in time saves ___"
49. ___ loss for words (2 wds.)
51. Hen's product

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		7	3	1		5		
		5						3
8			2			6	7	
	3	4		9	6			
			4	7		1	9	
	7	2			8			5
9						4		
		1		6	2	3		

Friday's Sudoku

1	8	7	3	4	9	2	6	5
6	5	2	7	1	8	4	3	9
4	3	9	6	5	2	8	1	7
8	6	5	9	2	1	7	4	3
9	7	3	5	6	4	1	2	8
2	1	4	8	3	7	5	9	6
5	4	8	2	9	6	3	7	1
7	9	1	4	8	3	6	5	2
3	2	6	1	7	5	9	8	4

Today 18°/7° Variable
Tuesday 20°/12° Partly cloudy
The Weather Network Download WeatherEye to your smartphone.
©The Weather Network 2012

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.

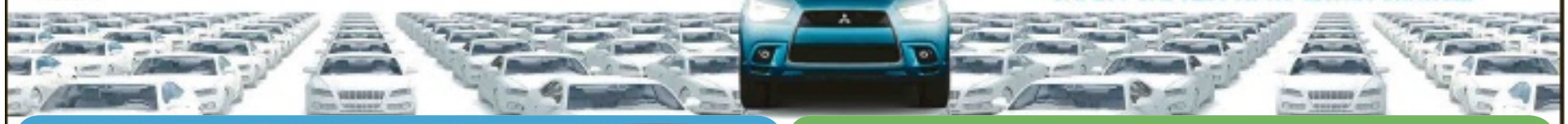
MEGA AUTOMOBILE

MITSUBISHI MOTORS

THE AUTOMOBILE SUPERSTORE!

UP TO 800 QUALITY USED VEHICLES
LOWEST PRICES GUARANTEED!

NO ADMIN FEE, NO DELIVERY FEE,
SAFETY & E-TEST AT NO EXTRA CHARGE!



GREAT DEALS ON LUXURY CARS!

09 Audi A4 Quattro
- CONVERTIBLE, AWD, Loaded, Lthr
- st: 33874
- km: 23268

$29,950
$297** Bi-weekly

08 BMW 328i
- Loaded, A/C, Lthr, Roof, Auto
- st: 33765
- km: 92648

$19,650
$216* Bi-weekly

09 Lexus RX350
- AWD, Loaded, NAV, Lthr, Roof
- st: 32760
- km: 61296

$32,850
$296** Bi-weekly

08 Infiniti EX35
- AWD, Loaded, A/C, Roof, Lthr
- st: 33822
- km: 105315

$18,880
$218* Bi-weekly

08 Benz B200
- Loaded, A/C, Auto
- st: 34280
- km: 71303

$16,950
$186* Bi-weekly

08 Benz C230 4Matic
- AWD, Loaded, Lthr, Roof, Auto
- st: 34149
- km: 40268

$25,980
$272* Bi-weekly

08 Volvo XC90
- AWD, Loaded, Roof, Lthr
- st: 33566
- km: 44617

$26,950
$283* Bi-weekly

08 Benz ML350 4Matic
- NAV, Loaded, Lthr, Roof, A/C
- st: 33735
- km: 63039

$29,995
$356* Bi-weekly

11 BMW 323
- AWD, Loaded, Roof, Lthr, Auto
- st: 33997
- km: 39143

$29,740
$237*** Bi-weekly

08 BMW X3
- AWD, Loaded, Roof, Lthr, Auto
- st: 33285
- km: 51156

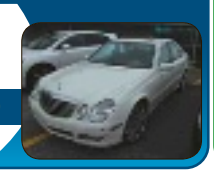
$29,650
$311* Bi-weekly

07 Cadillac CTS
- Loaded, A/C, Lthr, Auto
- st: 33383
- km: 64065

$16,930
$186* Bi-weekly

09 Benz E300 4Matic
- NAV, Loaded, Lthr, Roof, A/C
- st: 33686
- km: 46356

$31,840
$305** Bi-weekly



GREAT DEALS ON FUEL SAVERS!

07 Pontiac G5 SE
- Loaded, A/C
- st: 33310
- km: 60796

$6,950
$76* Bi-weekly

09 Toyota Yaris
- Loaded, A/C
- st: 12287-A
- km: 50295

$9,960
$95** Bi-weekly

08 Suzuki SX4
- Loaded, A/C
- st: 33948
- km: 50342

$8,960
$98* Bi-weekly

07 Wave
- Std
- st: 34093
- km: 79214

$5,960
$65* Bi-weekly

07 Spectra EX
- Loaded, A/C, Auto
- st: 33607
- km: 52831

$7,760
$85* Bi-weekly

09 Aveo5 LS
- A/C, Std
- st: 33559
- km: 60195

$7,950
$76** Bi-weekly

11 Ford Fiesta SE
- Loaded, A/C, Auto
- st: 33517
- km: 50713

$13,980
$119*** Bi-weekly

08 Cobalt LS
- Std
- st: 34124
- km: 72981

$6,570
$72* Bi-weekly

07 Suzuki Swift
- Loaded, A/C
- st: 33291
- km: 48697

$6,940
$81* Bi-weekly

08 Accent GLS
- Loaded, A/C
- st: 12245-A
- km: 109989

$5,980
$70* Bi-weekly

09 Kia Rio LX
- Std
- st: 34055
- km: 88234

$7,970
$76** Bi-weekly

08 Nissan Versa
- Loaded, A/C, Auto
- st: 33909
- km: 97172

$8,940
$98* Bi-weekly

UNBEATABLE OFFERS ON ALL MAKES & MODELS

11 FORD E350 XLT SUPER DUTY
LOADED, A/C • 14223km
st:34214 • **$25,860** • bw:$206***

10 MINI COOPER CLUBMAN
LOADED, LTHR, ROOF • 71969km
st:33620 • **$19,650** • bw:$173***

10 MAZDA 3
STD • 31765km
st:34201 • **$10,970** • bw:$93***

10 TOYOTA MATRIX
LOADED, A/C, AUTO • 55791km
st:33938 • **$14,750** • bw:$126***

07 MAZDA RX-8
LOADED, A/C, LTHR, ROOF • 70819km
st:34219 • **$14,980** • bw:$165**

08 SONATA GLS
LOADED, A/C, AUTO • 84417km
st:34208 • **$9,960** • bw:$109*

11 CAMRY LE
LOADED, A/C, AUTO • 49156km
st:33164 • **$17,950** • bw:$158***

08 MAXIMA 3.5SE
LOADED, A/C, AUTO • 89027km
st:34120 • **$14,870** • bw:$163*

11 SIENNA LE
LOADED, A/C • 50429km
st:34134 • **$24,950** • bw:$199***

07 MAGENTIS LX
LOADED, A/C • 100505km
st:34194 • **$7,980** • bw:$88*

10 CHRYSLER 300
LOADED, A/C • 37776km
st:32861 • **$15,800** • bw:$134***

08 RABBIT
LOADED, A/C • 92582km
st:34270 • **$10,950** • bw:$120*

11 FUSION SEL AWD
LOADED, A/C, LTHR, ROOF • 15190km
st:34153 • **$20,970** • bw:$167***

09 COROLLA CE
LOADED, A/C • 91942km
st:34183 • **$10,670** • bw:$102**

12 FOCUS TITAN NAV
LOADED, A/C, ROOF, LTHR • 20643km
st:33719 • **$22,980** • bw:$191***

08 SAAB 9-3 2.0T
LOADED, A/C, LTHR, ROOF • 90901km
st:33488 • **$12,980** • bw:$154*

07 TUCSON GLS
LOADED, A/C • 91780km
st:34027 • **$8,970** • bw:$99*

08 FORD EDGE SEL AWD
LOADED, A/C, AUTO • 79226km
st:34136 • **$16,880** • bw:$186*

08 ACCORD EX
LOADED, A/C, ROOF, AUTO • 98887km
st:32255 • **$13,870** • bw:$152*

11 SUZUKI KIZASHI
LOADED, A/C, AUTO • 34328km
st:33619 • **$16,970** • bw:$144***

07 VOLVO S40
LOADED, A/C, AUTO • 87224km
st:33215 • **$14,960** • bw:$164*

08 HONDA CR-V 4WD
LOADED, A/C, AUTO • 87593km
st:33494 • **$16,460** • bw:$181*

09 ESCAPE XLT 4WD
LOADED, A/C, AUTO • 96465km
st:32908-A • **$14,860** • bw:$142**

10 FORD RANGER SPORT
A/C, AUTO • 49960km
st:33722 • **$14,900** • bw:$127***

12 ELANTRA
LOADED, A/C • 13753km
st:34096 • **$15,850** • bw:$135**

09 SANTA FE
LOADED, A/C, AUTO • 49282km
st:33258-A • **$16,970** • bw:$162**

08 ROGUE S
LOADED, A/C, AUTO • 99206km
st:33988 • **$12,840** • bw:$141*

08 RONDO LX
LOADED, A/C, AUTO • 55276km
st:34145 • **$9,380** • bw:$103*

11 AVENGER SXT
LOADED, A/C, ROOF, AUTO • 20276km
st:33541 • **$15,950** • bw:$143**

07 MAZDA CX-7 AWD
LOADED, A/C • 97217km
st:34169 • **$12,860** • bw:$141*

07 NISSAN 350Z COUPE
LOADED, A/C, LTHR, AUTO • 51824km
st:34255-A • **$18,900** • bw:$208*

08 MAZDA 5
LOADED, A/C, LTHR, ROOF • 101468km
st:34067 • **$10,980** • bw:$121*

10 SENTRA
LOADED, A/C • 65850km
st:34299 • **$9,950** • bw:$85***

11 LANCER SE
LOADED, A/C, AUTO, MAGS • 29843km
st:33385 • **$16,880** • bw:$144***

09 FORD F-150 XL
LOADED, A/C, AUTO • 96779km
st:34160-A • **$13,780** • bw:$131**

ARE YOU EMPLOYED BY FEDERAL, PROVINCIAL OR MUNICIPAL GOVERNMENT?
IF YES, FINANCE YOUR VEHICLE AT MEGA & RECEIVE OUR BANK COMMISSION OF UP TO
$500

www.megaautomobile.com

1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277

JUST 5 MINUTES FROM DOWNTOWN OTTAWA.

OPEN 8 DAYS A WEEK - BILINGUAL STAFF

Disclaimer: Bi-weekly payments include all taxes. *60 months (130 payments) **72 months (156 payments) ***84 months (182 payments) at 6.5% (minimum $20,000) and 7.9% (Minimum $10,000) with $0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for $1000 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.